



Al-Anon Family Group Headquarters, Inc.

- 2018 Canadian Al-Anon Membership Survey -

Results and Longitudinal Comparison

Background and Objectives



Al-Anon Family Groups (Al-Anon) provide friends and families of alcoholics with the opportunity to share their experiences and find strength and hope.

The Al-Anon World Service Office (WSO) has conducted a membership survey every three years since 1984. The 2018 Membership Survey is the WSO's twelfth study. The findings are an aid to professionals, researchers, students, the media and anyone seeking information about Al-Anon Family Groups.

Specific objectives for the study were to:

- Determine the demographic and sociographic profile of Al-Anon Family Group members;
- Identify the relationship between members and alcoholics;
- Measure the impact that alcoholism has had on members' lives; and
- Determine the Al-Anon program's impact on the quality of life of its members.

Methodology



- Al-Anon Family Group members were provided with a URL for the online membership survey. The survey information was posted on al-anon.org and delivered via the monthly magazine, email newsletter and internal communications portal. Additionally, a flyer was sent to all the groups.
- World Service Office Staff wrote, tallied and created the presentation of the survey results. Both the online survey hosting and data collection was conducted by WSO Staff using an online survey platform. The methodology was validated by an outside research vendor.
- **Data was collected from January 10 to February 27, 2018, with 1,495 Canadian Al-Anon Family Group members participating.** The average time taken to complete the survey was 36 minutes.

Survey Participation



Canadian Survey Completions

- 1,495

Language Breakdown

- English: 82%
- French: 18%



United States: 88.7%



Canada: 11.2%



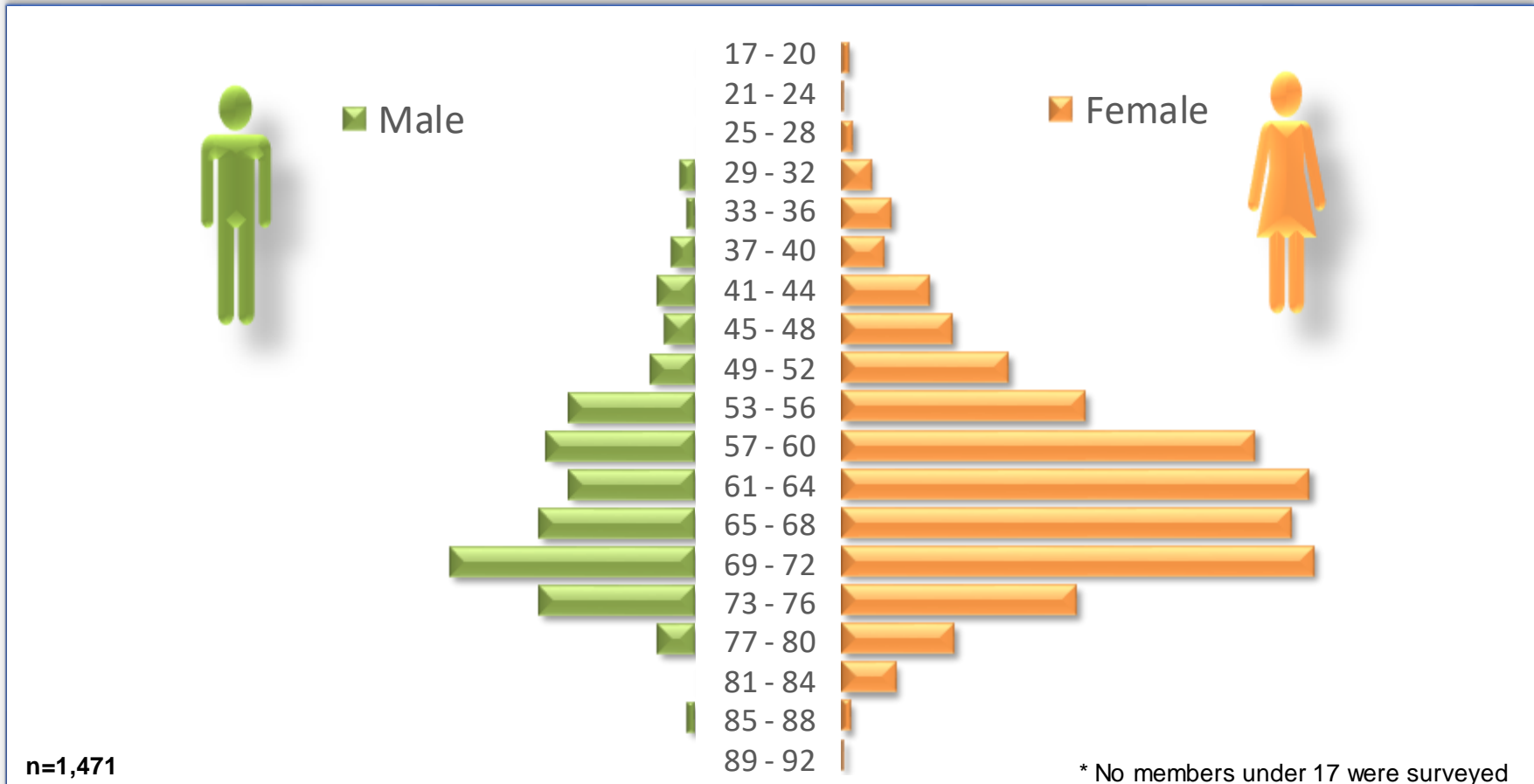
Bermuda: 0.1%



Puerto Rico: 0.1%

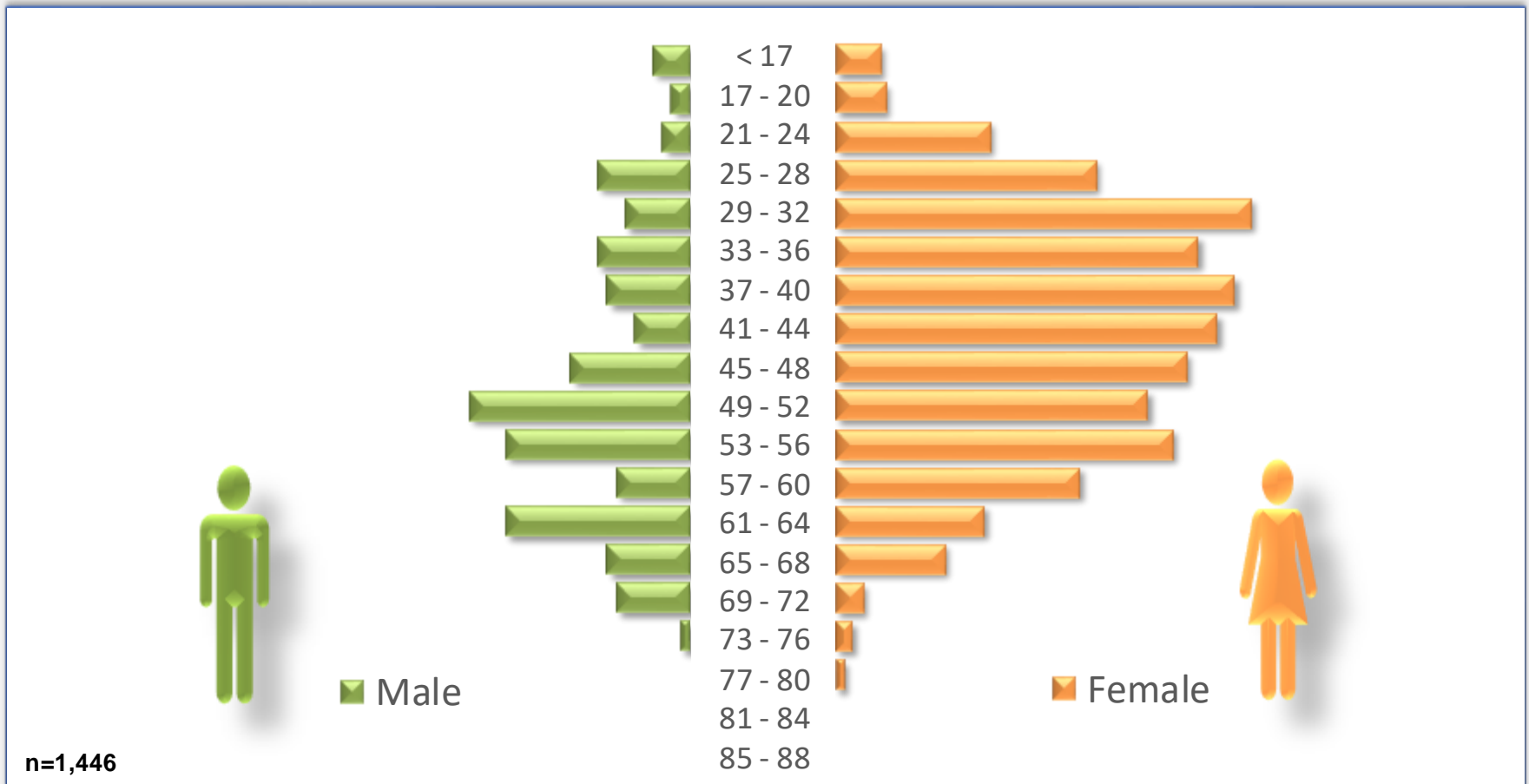
Canadian members make up 11% of the total AI-Anon membership, but account for 100% of the French speaking membership.

Age of Survey Participants



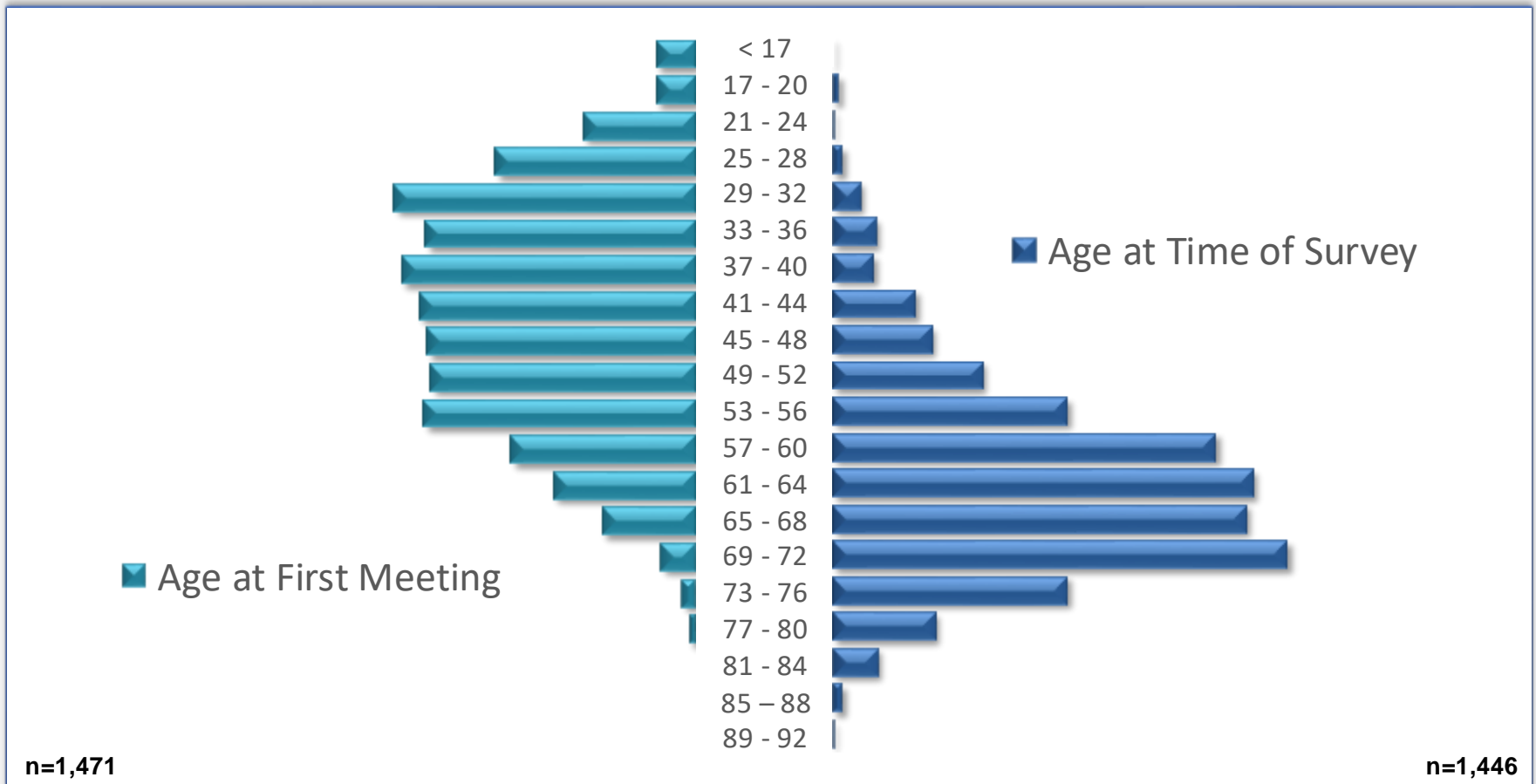
The average age of female members is 62; they accounted for 89% of all survey participants. Male members are on average 1 year older.

Age at First Meeting



The average age of female members when they first attended AI-Anon was 43, while male members tended to be 5 years older when they attended their first meeting.

Age Comparison



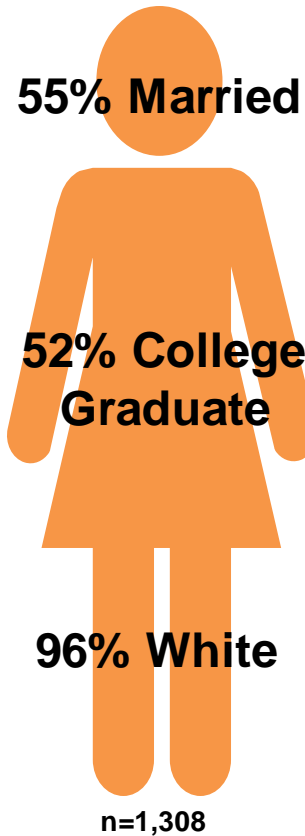
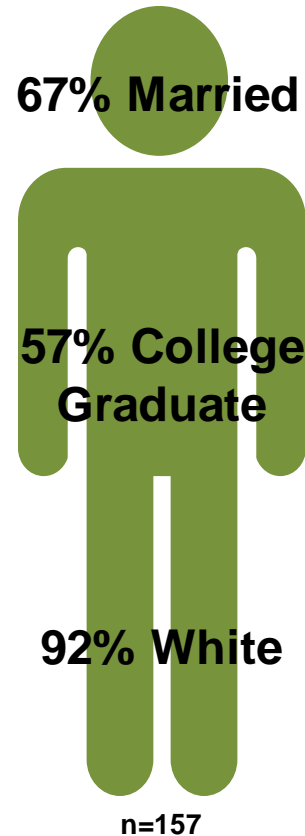
While 58% of survey participants are between the ages of 57 and 72, 56% were between the ages of 25 and 48 when they first attended AI-Anon meetings.

Demographic Profile



Males

- **16%** have partners who are A.A. members.
- **13%** are also A.A. members.
- **5%** have partners who are actively drinking.

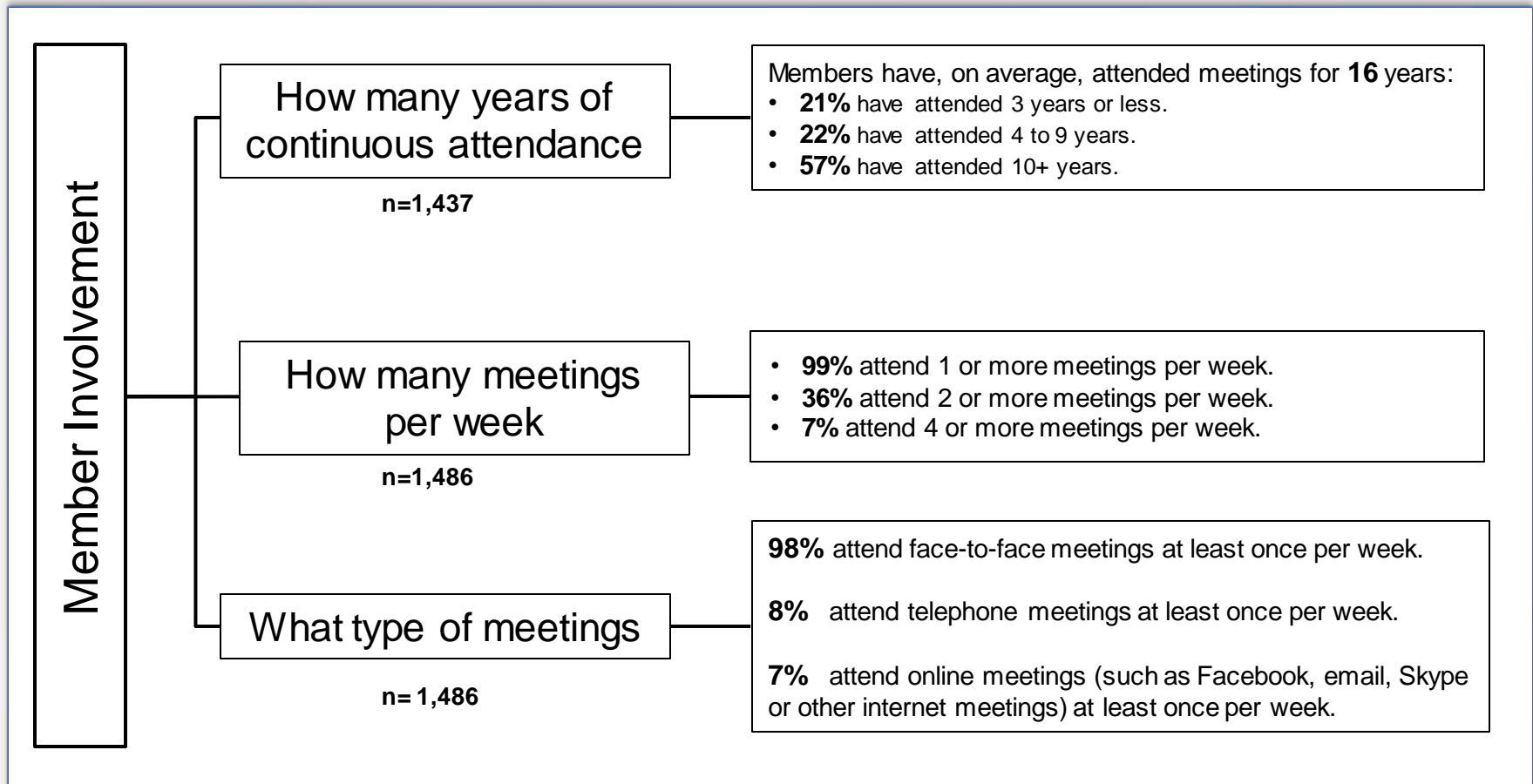


Females

- **23%** have partners who are A.A. members.
- **5%** are also A.A. members.
- **12%** have partners who are actively drinking.

Female members have a higher percentage of partners who are drinking or in A.A., while male members are more likely to be A.A. members themselves. Male members are also more likely to be married.

Member Involvement in Al-Anon



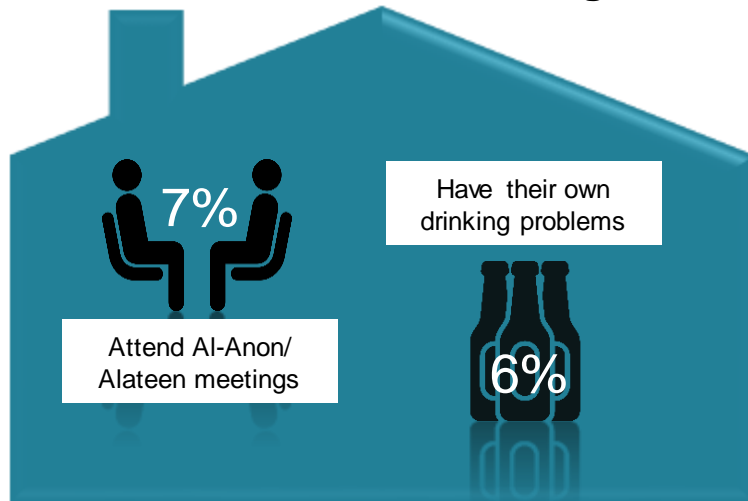
Children of Members



9% of members have a child who is **under 18** living in their home.

n=1,483

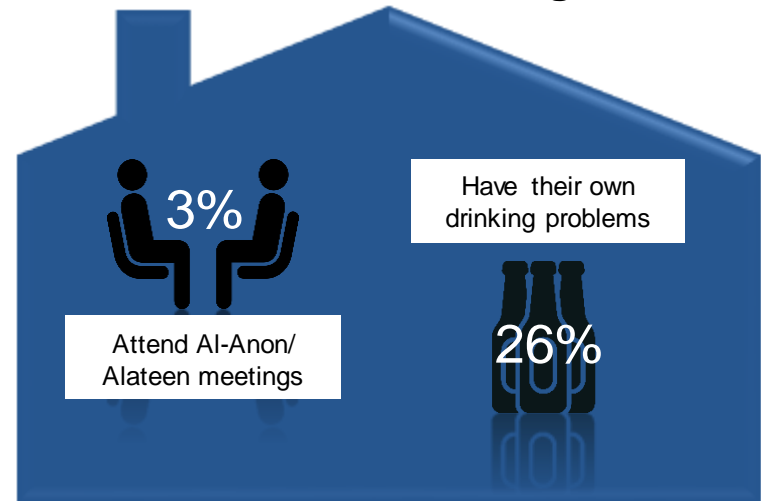
Of those children **under the age of 18**:



15% of members have a child who is **18 years or older** living in their home.

n=1,469

Of those children **over the age of 18**:

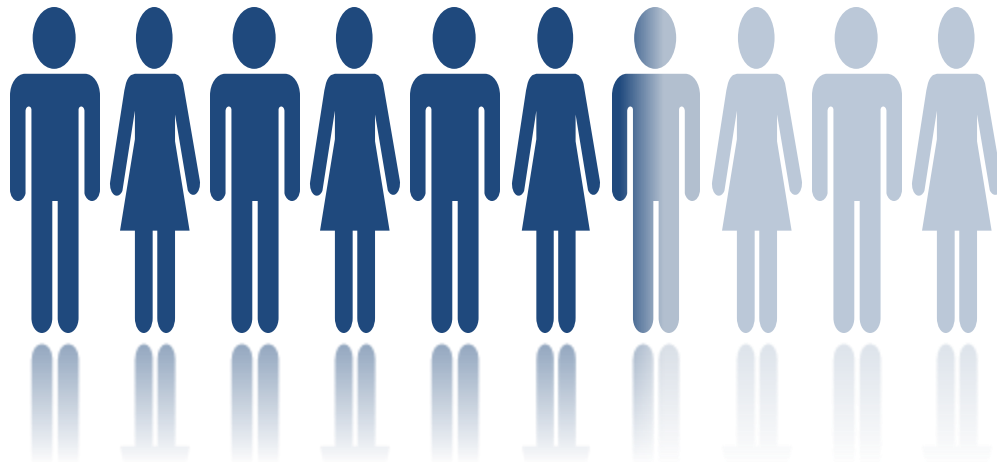


Children under 18 are more likely to attend Al-Anon/Alateen meetings than children over 18. Of members with children over 18 still living at home; about 1 in 4 children have a drinking problem.

Generational Trends of Alcoholism



Almost 7 in 10 members have been affected by alcoholism that spans 2 or more generations.



n=1,475

Top Generational Trends

Members reporting alcoholism in 2 or more generations stated that they were negatively affected by:

44% Their parents & Their own generation*

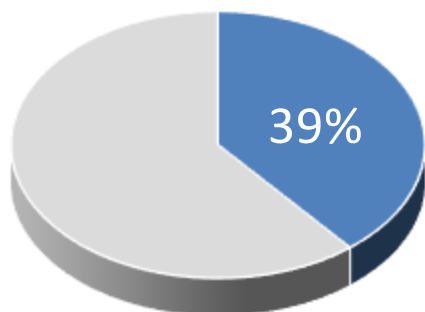
30% Their own generation* & Their children

18% Their parents & Their children

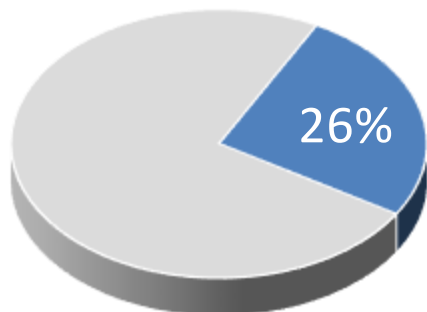
Note: "Their own generation" = siblings and members' romantic relationships

The majority of members reported that they have been negatively affected by alcoholism that spans 2 or more generations.

Members Who Initially Attended Al-Anon due to a Family Member or Friend's Drug Use

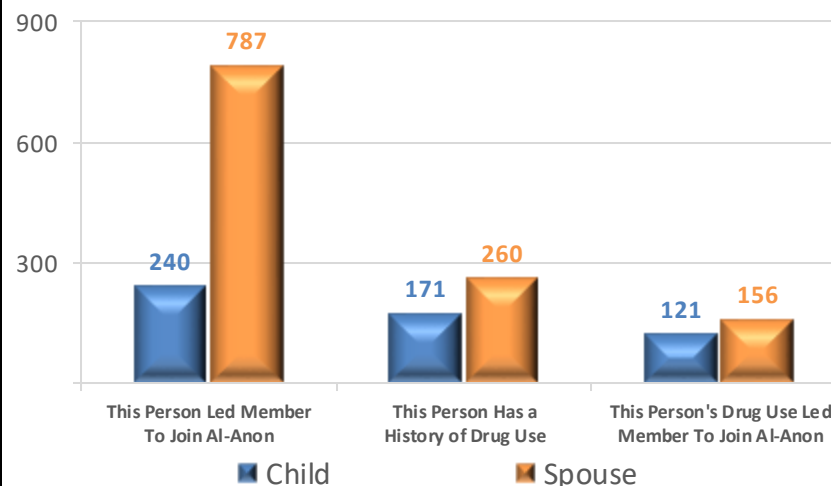


39% of members indicated that the family member or friend who had led them to initially attend Al-Anon meetings had a history of drug use.



26% of members specifically joined because of this drug use.

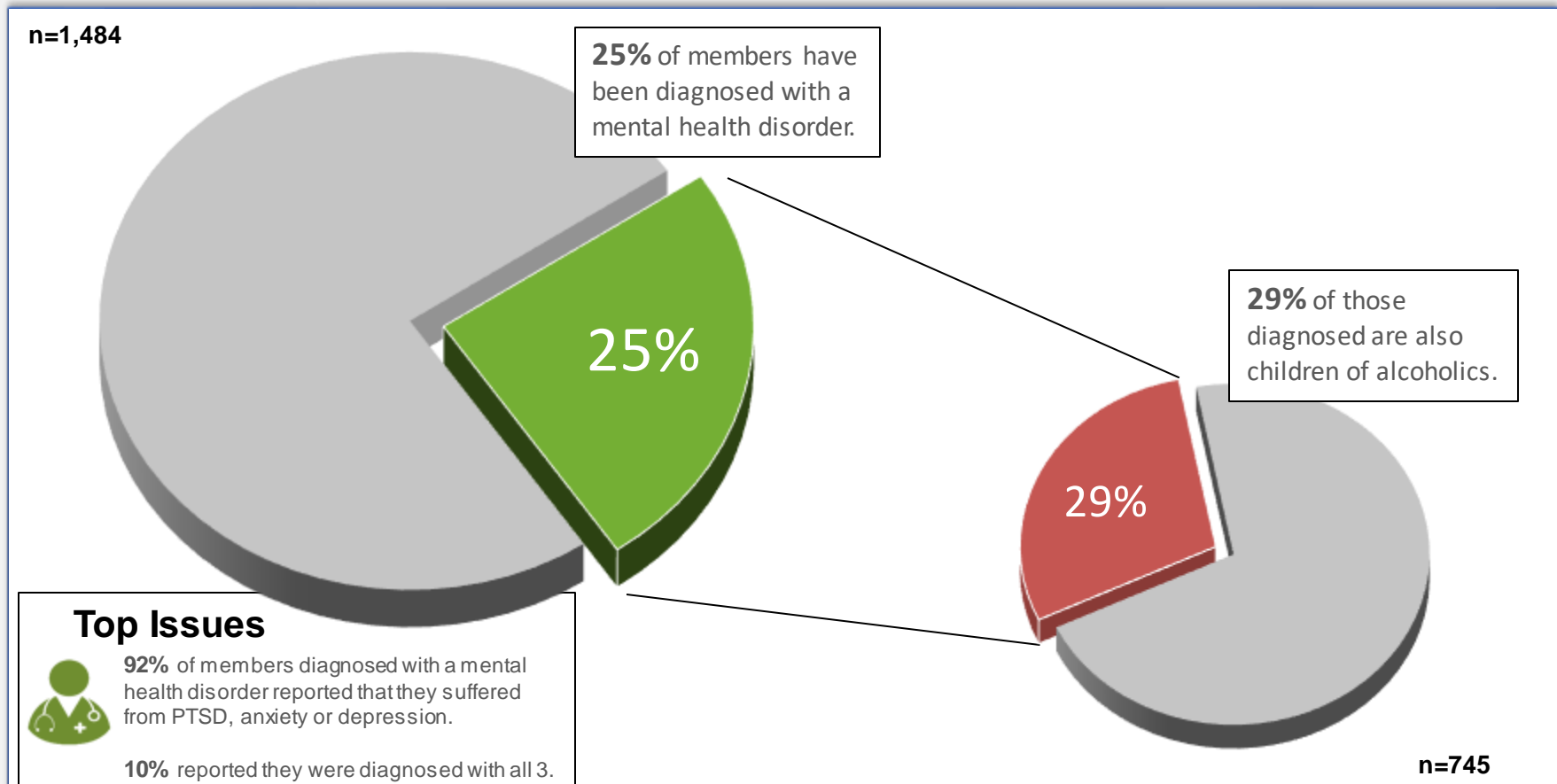
n=1,489



While more members first joined Al-Anon because of their spouse, members' children have a much higher likelihood of having a history of using drugs and of leading members to join Al-Anon because of this drug use.

While 26% of members first came to Al-Anon because of a loved one's drug use, 77% of these continued their attendance due to someone's drinking having also negatively affected their life.

Members Diagnosed with Mental Health Disorders



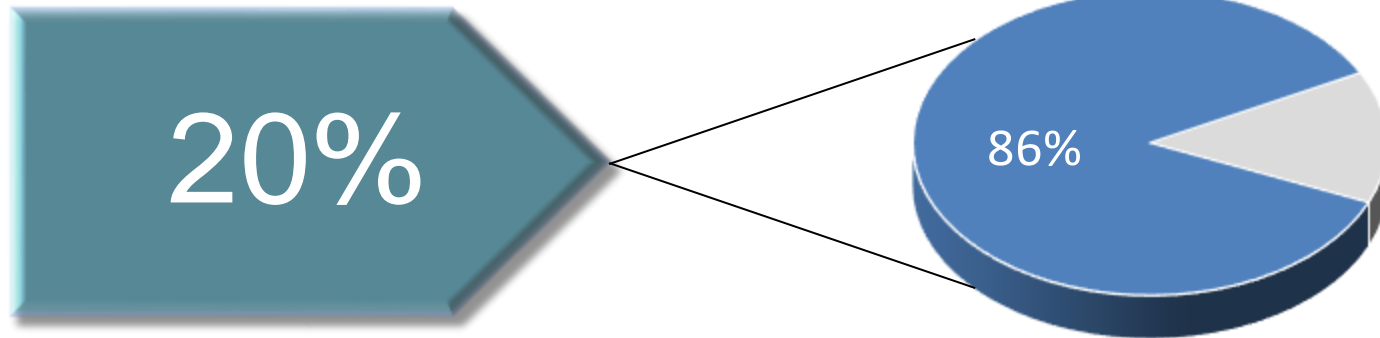
A child of an alcoholic is 68% more likely to be diagnosed with a mental health disorder than a spouse of an alcoholic.

Professional Advocacy of Al-Anon



20% of members reported that they initially heard about Al-Anon from a professional.

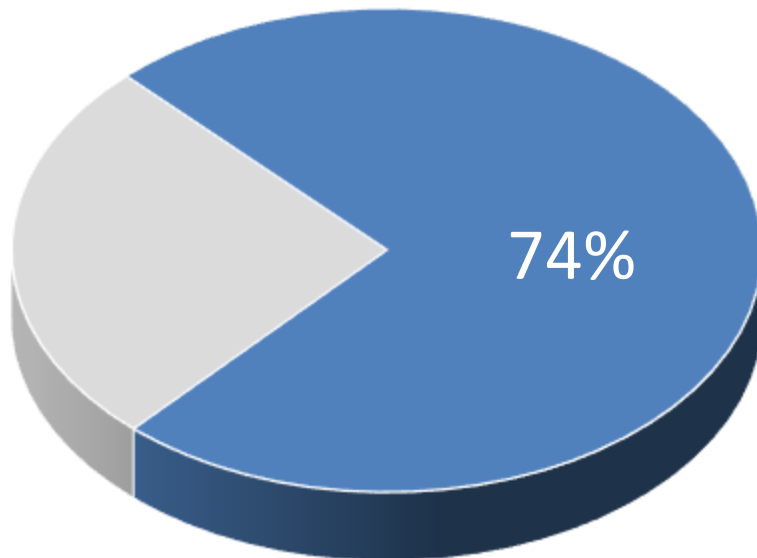
86% began attending Al-Anon meetings because of the professional's referral.



n=1,485

1 in 5 members first heard about Al-Anon from professionals such as counselors, therapists and social workers.

Members Who Have Sought Treatment, Counseling or Therapy



74% of members have sought professional treatment, counseling or therapy.

Of the members who have sought help

- 65% either started or continued treatment, counseling or therapy after joining Al-Anon.

n=1,491

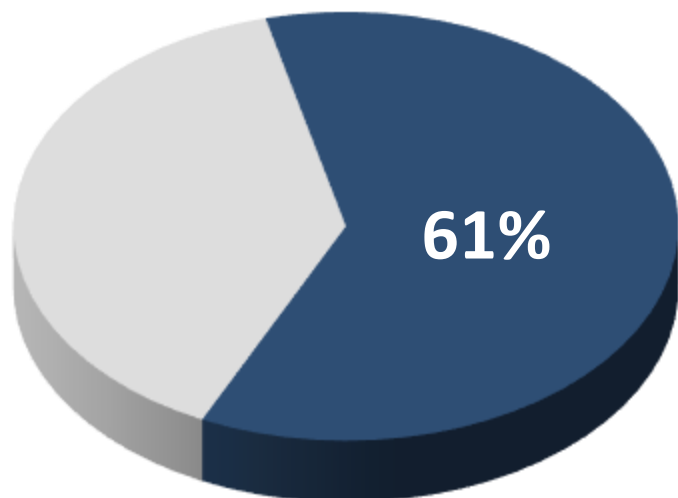
Of members who continued receiving treatment, counseling or therapy after attending Al-Anon meetings and who ranked their experience, 46% indicated an improvement in their treatment, counseling or therapy since attending Al-Anon.

Members Who Have Experienced Abuse



61% of members have experienced abuse*

- 53% of members have experienced emotional and verbal abuse **at the same time.**

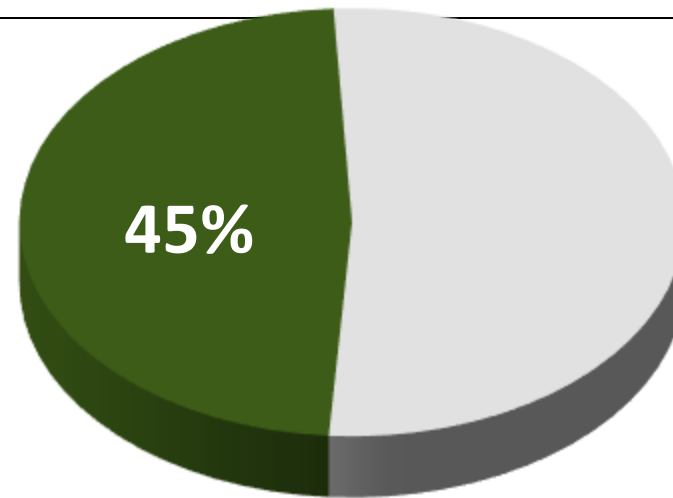


n=1,479

Note: "abuse" = physical, sexual, emotional or verbal

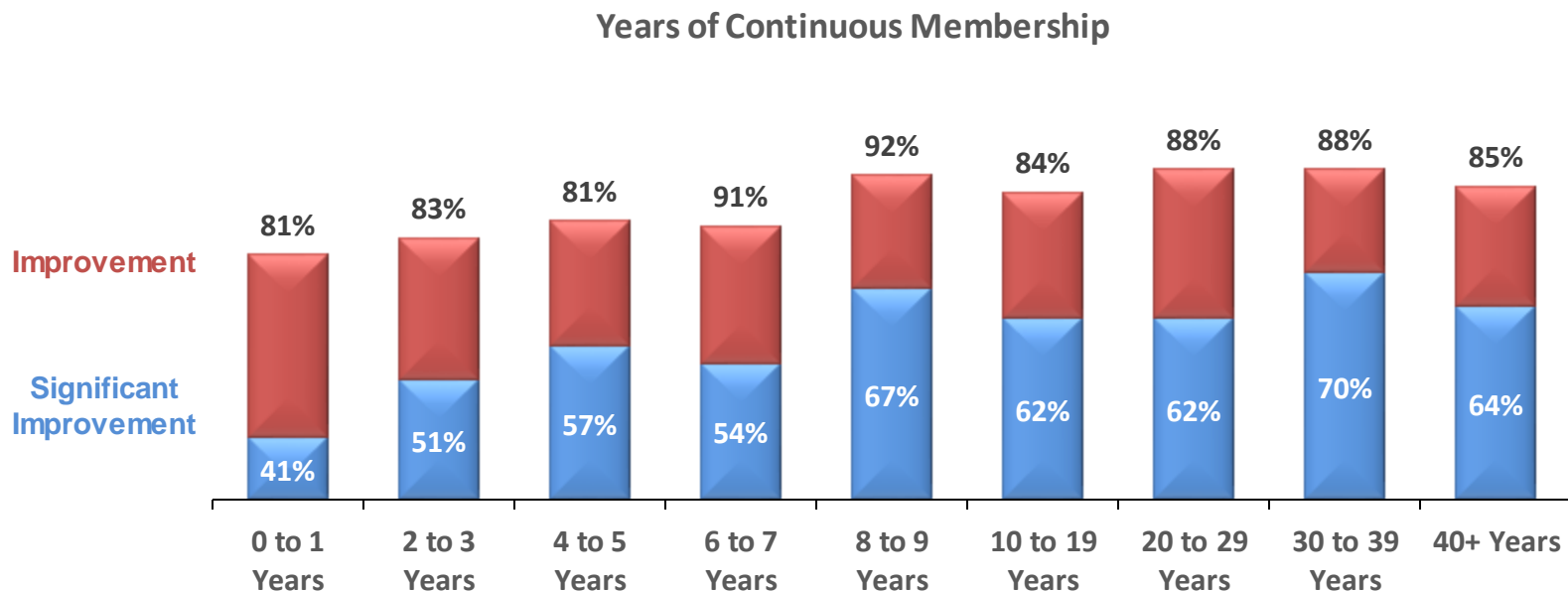
48% of members have experienced abuse & sought help

- The most common forms of treatment, counseling or therapy used by those who have sought help are mental health, medical and family.



13% of members are still experiencing abuse.

Member Self-Assessment of Mental Health & Years of Continuous Membership in Al-Anon



Members reported, on average, an **86%** improvement in their assessment of their mental health from before they began attending Al-Anon meetings to the time of the 2018 Membership Survey.

59% reported a significant improvement in their mental health.

n=1,449

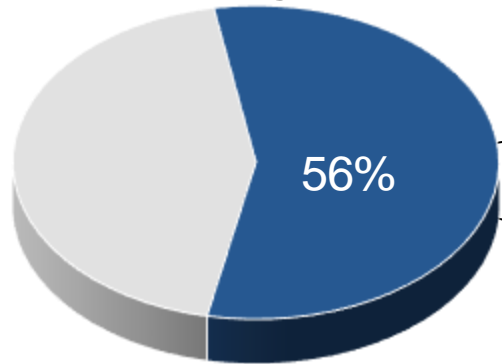
Within 2 to 3 years of continuous membership in Al-Anon, the average member will report an 83% improvement.

Spiritual Inclination of Members & Benefits to Their Well-Being



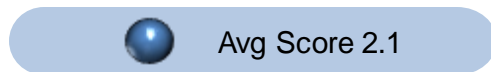
Belonging to or practicing a specific religion

Before Attending AI-Anon Meetings



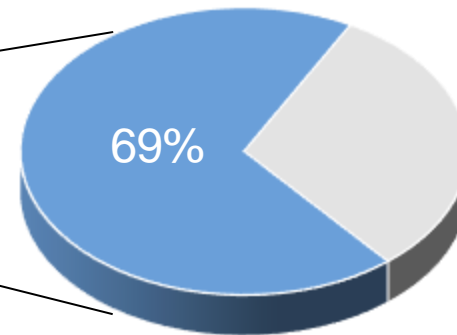
Mental Health Score

1 2 3 4 5



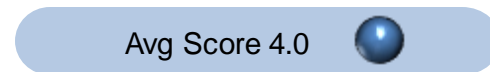
- 15% did not have any spiritual inclination

After Attending AI-Anon Meetings



Mental Health Score

1 2 3 4 5



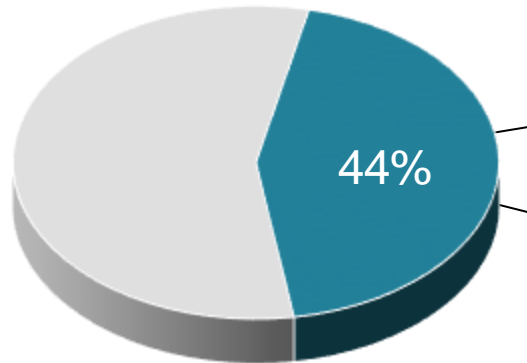
n=1,465

Spiritual Inclination of Members & Benefits to Their Well-Being

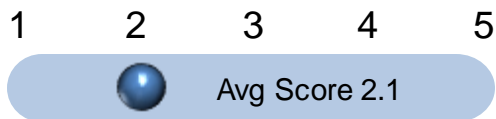


Not belonging to or practicing a specific religion

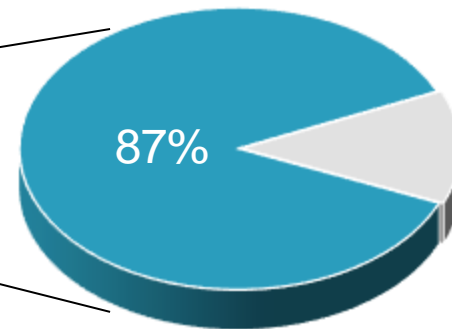
Before Attending AI-Anon Meetings



Mental Health Score



After Attending AI-Anon Meetings



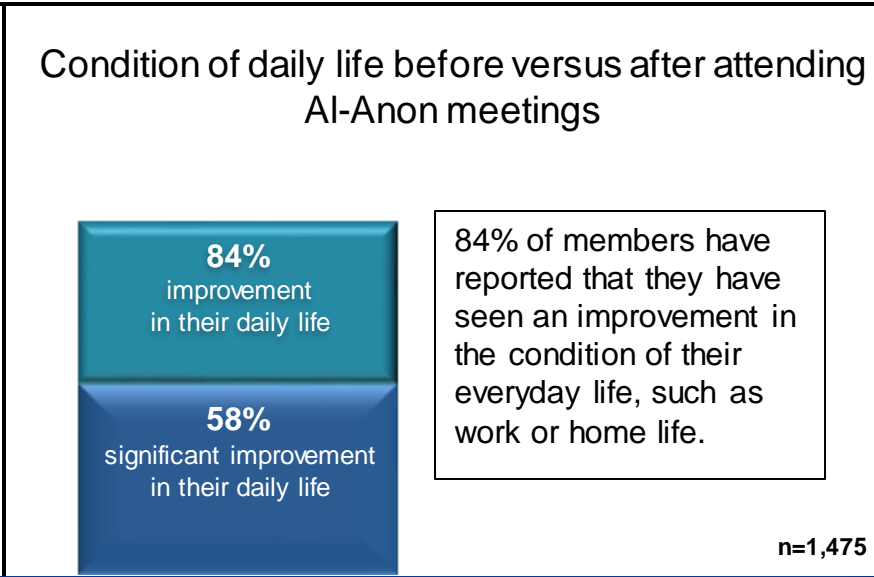
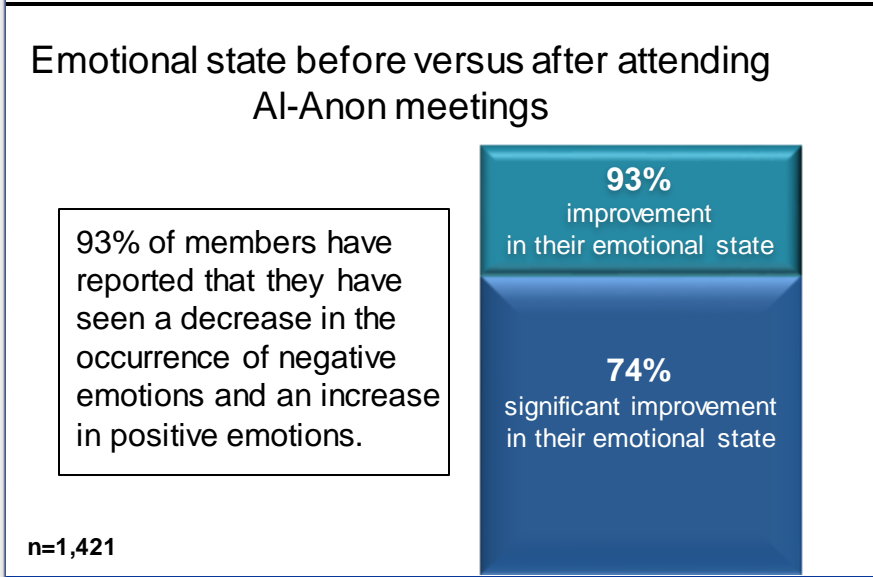
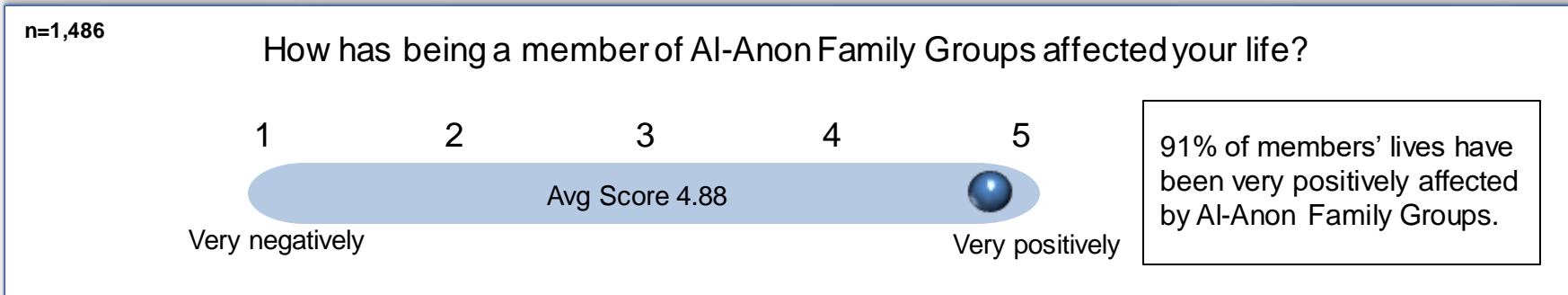
Mental Health Score



n=1,465

After attending AI-Anon meetings, 98% of members not belonging to a specific religion saw an increase in the quality of their spiritual life whether they joined a specific religion or not.

Al-Anon's Effectiveness in Members' Daily Well-Being



After having attended Al-Anon meetings, members report improved well-being across the board, in their daily life and their emotional state.



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