

2024 | MEMBERSHIP SURVEY RESULTS



Al-Anon Family Groups
Help and hope for families and friends of alcoholics



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BACKGROUND:



Al-Anon Family Group Headquarters, Inc., referred to as the World Service Office (WSO), is in Virginia Beach, VA. The WSO facilitates the membership survey every three years. The survey documents the benefits of Al-Anon from the perspective of members who have seen the quality of their lives improve after participating in the Al-Anon program.

OBJECTIVE:



Determine the demographic and sociographic profile of Al-Anon members. Identify the relationship between the Al-Anon member and the alcoholic. Measure the impact that relationships with alcoholics have had on Al-Anon members' lives. Determine the impact of the Al-Anon program on members' quality of life.

METHOD:



Data was collected through an online questionnaire distributed to Al-Anon members with varying lengths of membership in English, French, and Spanish via email, digital bulletin board, and the organization's monthly publication. From June to July 2024, 15,375 Al-Anon members responded anonymously to the survey.

CONCLUSIONS:



The method of collecting data from Al-Anon members yielded valid data that was reviewed by a third-party research firm. Members reported an overall improvement in their quality of life through participation in Al-Anon; increased length of time in the program and outside treatment led to even greater improvement.



The Many Faces of Al-Anon

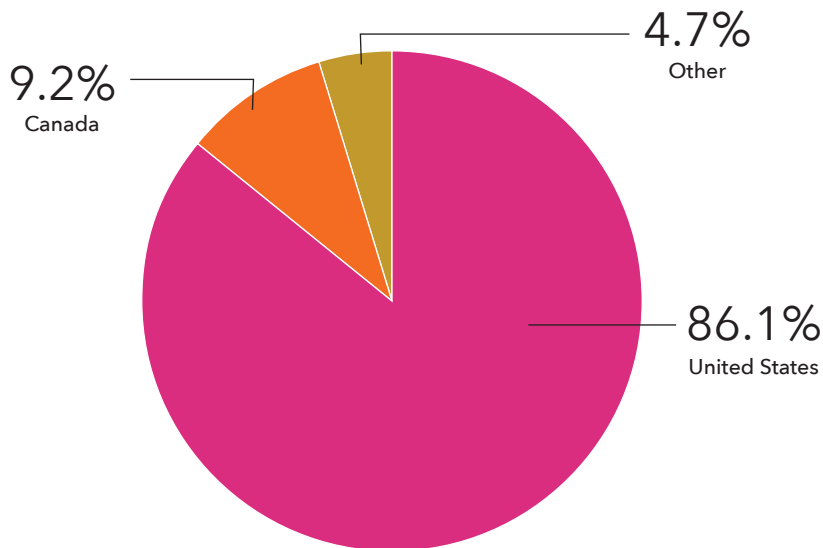
Alcoholism does not discriminate. Al-Anon Family Groups is an incredibly diverse fellowship welcoming all people. Al-Anon members are people just like you who are concerned about someone with a drinking problem. The 15,375 members who participated in this survey represent only a portion of our fellowship.



Results showed that the average age of Al-Anon member respondent is 63.4, whereas the median age is 66 years old. On average, members reported attending their first meeting at 44.4 years old.

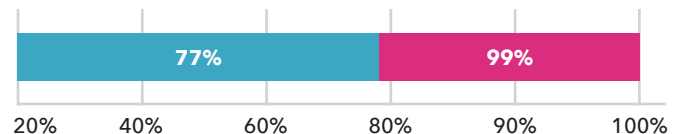


Responding members identified as female (87.1%), male (11.9%), and neither male nor female (1.0%).



Of those completing the survey, **86%** identified as white. The remaining **14%** includes Hispanic/Latino/Spanish origin, Black/African American, Asian, American Indian/Alaska Native/First Nation, Native Hawaiian/Pacific Islander, and mixed race.

Responding members have varying degrees of education; **99%** indicated a minimum of high school education or equivalent, with **77%** having completed undergraduate or graduate studies.



n = 15,375 (unless otherwise noted below)

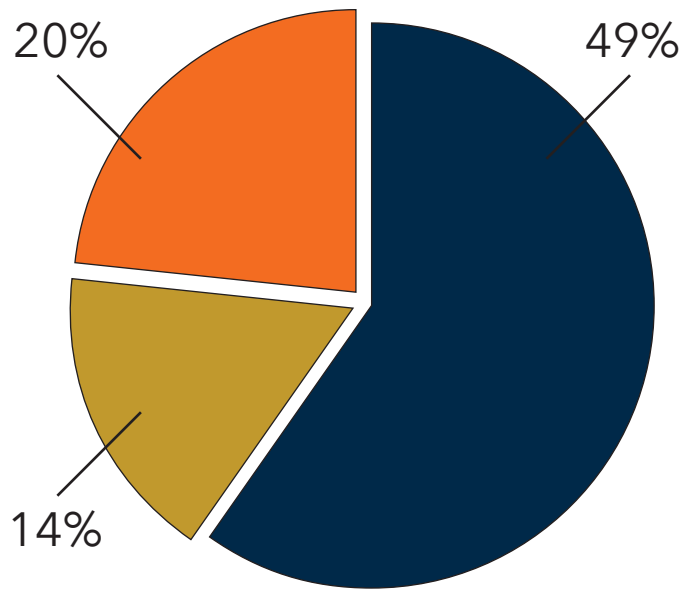
*Gender 15,235 • Race & Ethnicity 15,062 • Education 15,186



The Familial Ties of Alcoholism

Alcoholism is a family disease. The disease affects all those who have a relationship with a problem drinker.

Data from 15,037 responses suggest that most Al-Anon members are affected by alcoholism spanning multiple generations.



49% of members surveyed came to Al-Anon because of a romantic partner's alcoholism/ addiction, **14%** due to a parent's, and **20%** due to a child's.

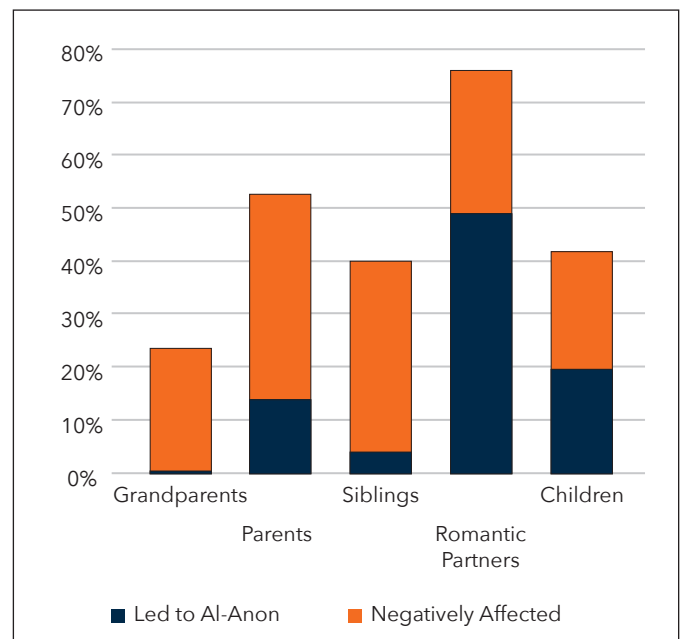
Person	% Led to Al-Anon	% Negatively affected
Grandparents	0.5%	23.6%
Parents	14.3%	52.9%
Siblings	3.8%	40.0%
Romantic Partners	49.0%	75.9%
Children	19.6%	41.8%

Responding members identified the following relationships with people whose alcoholism/addiction has led them to Al-Anon or has at any time negatively affected their life.

n = 15,037



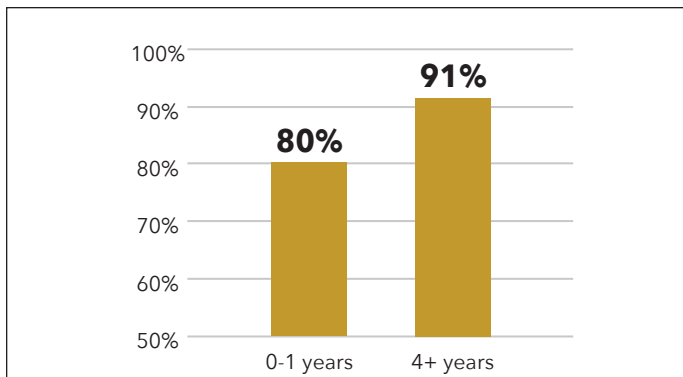
On average, **69 out of 100 respondents** reported being affected by alcoholism spanning two or more generations. Results by demographics (i.e. age, gender, language, income, sexual orientation, or race) remained consistently between 60 to 70 out of 100.





The Effectiveness of Al-Anon

Participation in Al-Anon meetings can have profound effects on a person's mental health and improve their quality of life. Asked to rank their mental health on scale of one to seven, 15,561 members surveyed rated an average of 3.14 prior to attending Al-Anon meetings and 5.8 on the day they took the survey.



80% of responding members report improvement in their mental health within the first year. **91%** of members with four or more years of Al-Anon involvement indicate improved mental health, with about three out of five indicating significant improvement.



Nearly **97%** of those surveyed indicated they attend at least one meeting per week. Results showed that when members attended more than one meeting per week, they rated a **17%** higher improvement in their mental health score than those who attended only once per week.



n =14,554

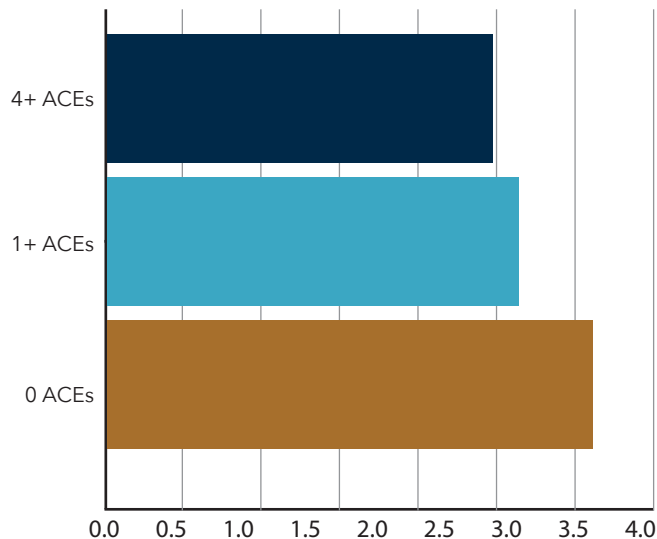


Lifelong Impact of Alcoholism on Concerned Others

Living in an alcohol-addicted family system affects people in many ways. When asked about Adverse Childhood Experiences (ACEs), defined as abuse, neglect, or household challenges that occurred from the ages 0-17:

- **7 in 10 respondents** reported experiencing at least one ACE
- **3 in 10 respondents** reported experiencing four or more ACEs

Data suggests a relationship between a higher number of ACEs and lower self-rated mental health scores.



Responding members who reported no ACEs rated their mental health before attending Al-Anon meetings at an average of 3.62 out of 7. Among members who indicated experiencing at least one ACE, the average mental health score drops by **15%**, to 3.07; when members report four or more ACEs, the score drops even further, to 2.88.



49.6%

Members indicating three or more Adverse Childhood Experiences (ACEs) rated their mental health scores lower than those with fewer than three ACEs. This is true both before and during Al-Anon attendance. Despite these lower scores, results showed a **49.6%** higher improvement in their mental health score compared to members who did not report any ACEs.

n = 15,055



Treatment and Al-Anon Recovery

Al-Anon recovery can complement professional counseling, therapy, or treatment. Many Al-Anon members continue to seek professional assistance in addition to regularly attending meetings. The link between Al-Anon and the professional community has always been one of interchange and cooperation.

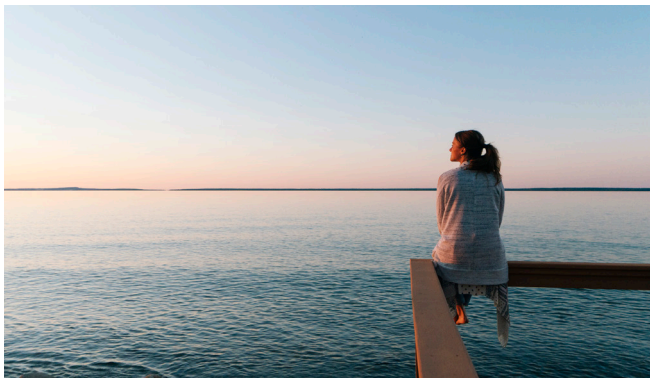


Of the 11,469 members who reported receiving treatment prior to attending Al-Anon, **43 percent** were referred to the program by a professional.

2,061 members indicated starting treatment since beginning Al-Anon meetings.

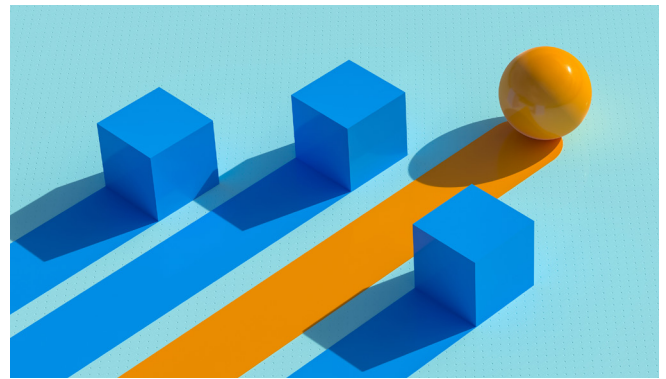
Nearly seven out of ten continue to receive professional counseling, therapy, or treatment while attending Al-Anon meetings.

IMPROVEMENT



Al-Anon members on average reported an improvement in their mental health regardless of treatment received.

Respondents attending Al-Anon meetings in tandem with professional counseling, therapy, or treatment reported a **25 percent** greater improvement in the current condition of their mental health than those who had not received treatment.



Results showed an improvement in members' mental health scores regardless of the number of years they have attended meetings and/or any treatment received.

Data indicates that the longer a member has attended meetings, the greater the improvement. Respondents who reported four or more years of continuous membership and having received treatment scored **36 percent** greater improvement in their mental health compared to members who had attended for zero to three years.

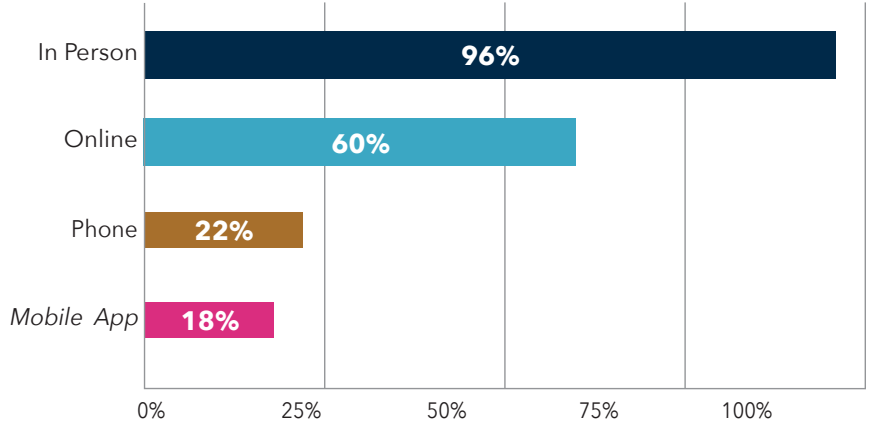
n = 14,684



Al-Anon Welcomes Newcomers

Visiting a variety of different meetings to gather information or to hear how others handle issues with alcoholism may be helpful to understand how the Al-Anon principles work in many different circumstances.

Currently, there are over 21,000 Al-Anon groups and nearly 1,200 Alateen groups meeting in 118 countries.

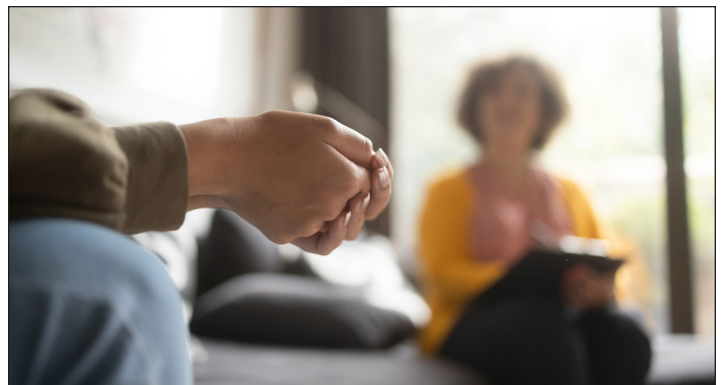


Survey results indicated that **96%** of respondents have attended face-to-face/in-person meetings, **60%** online meetings, **22%** phone meetings, and **18%** participated in meetings on the *Al-Anon Family Groups Mobile App*.



Survey results indicated that 45% of respondents first came to Al-Anon because of a drug problem in a relative or friend.

Individuals concerned about someone's drug addiction are welcome to attend Al-Anon to determine if it's right for them, with the understanding that our program focuses on alcoholism.



31% of members also consider or have considered themselves a member of other recovery programs, including A.A.

Al-Anon respondents also seek help from other resources when needed for concerns in addition to or other than someone else's drinking.

n = 15,375

Al-Anon Family Groups, a nonprofit organization, is a spiritual, not religious, program providing support since 1951 to anyone affected by someone else's problem drinking. There are no dues or fees required for membership; Al-Anon is self-supporting through members' voluntary contributions.

As a peer-facilitated mutual support group, Al-Anon recovery can complement professional therapy, counseling, or treatment. Members attending Al-Anon meetings in tandem with professional treatment reported improvements in their mental health.

For more information, visit **al-anon.org/prof**

Professionals are welcome to observe any virtual or physical Al-Anon meeting designated as Families, Friends, and Observers Welcome.

For meeting information, visit **al-anon.org/meetingsearch** or call **1-888-4AL-ANON** (1-888-425-2666). Al-Anon is conducting a longitudinal study (2022-2026) to generate valid data and insights that demonstrate the long-term impacts of attending the Al-Anon program. Al-Anon cooperates with researchers, students, the media, and professionals studying the effects of alcoholism on concerned others.

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