



# **Al-Anon Family Group Headquarters, Inc.**

**- 2018 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 13,395 Al-Anon Family Group members participating.** The average time taken to complete the survey was 45 minutes.

# Survey Participation



## Total Survey Completions

- 13,395

## Language Breakdown

- English: 97%
- French: 2%
- Spanish: 1%



**United States: 88.7%**



**Canada: 11.2%**

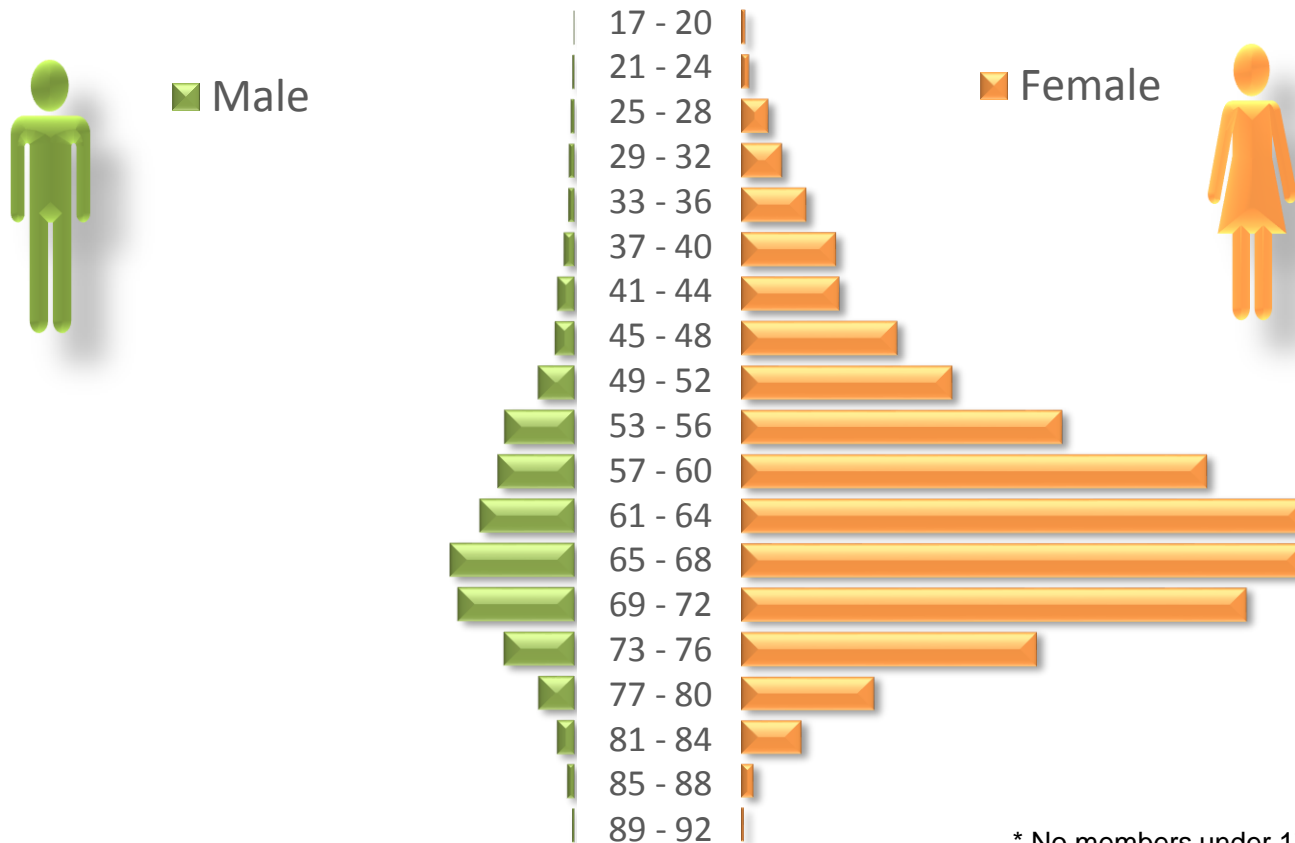


**Bermuda: 0.1%**



**Puerto Rico: 0.1%**

# Age of Survey Participants

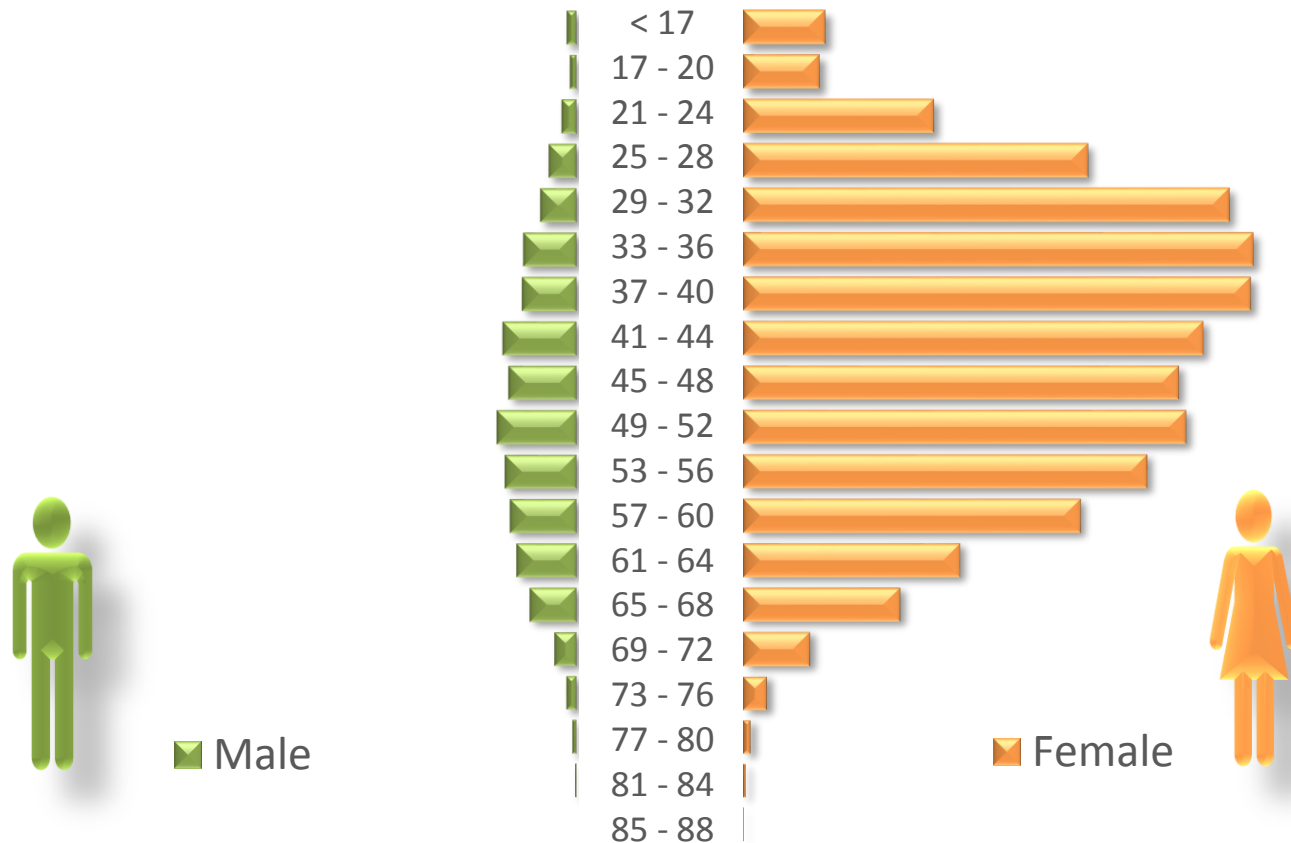


n=13,280

\* No members under 17 were surveyed

The average age of female members is 61; they accounted for 85% of all survey participants. Male members are on average 2 years older.

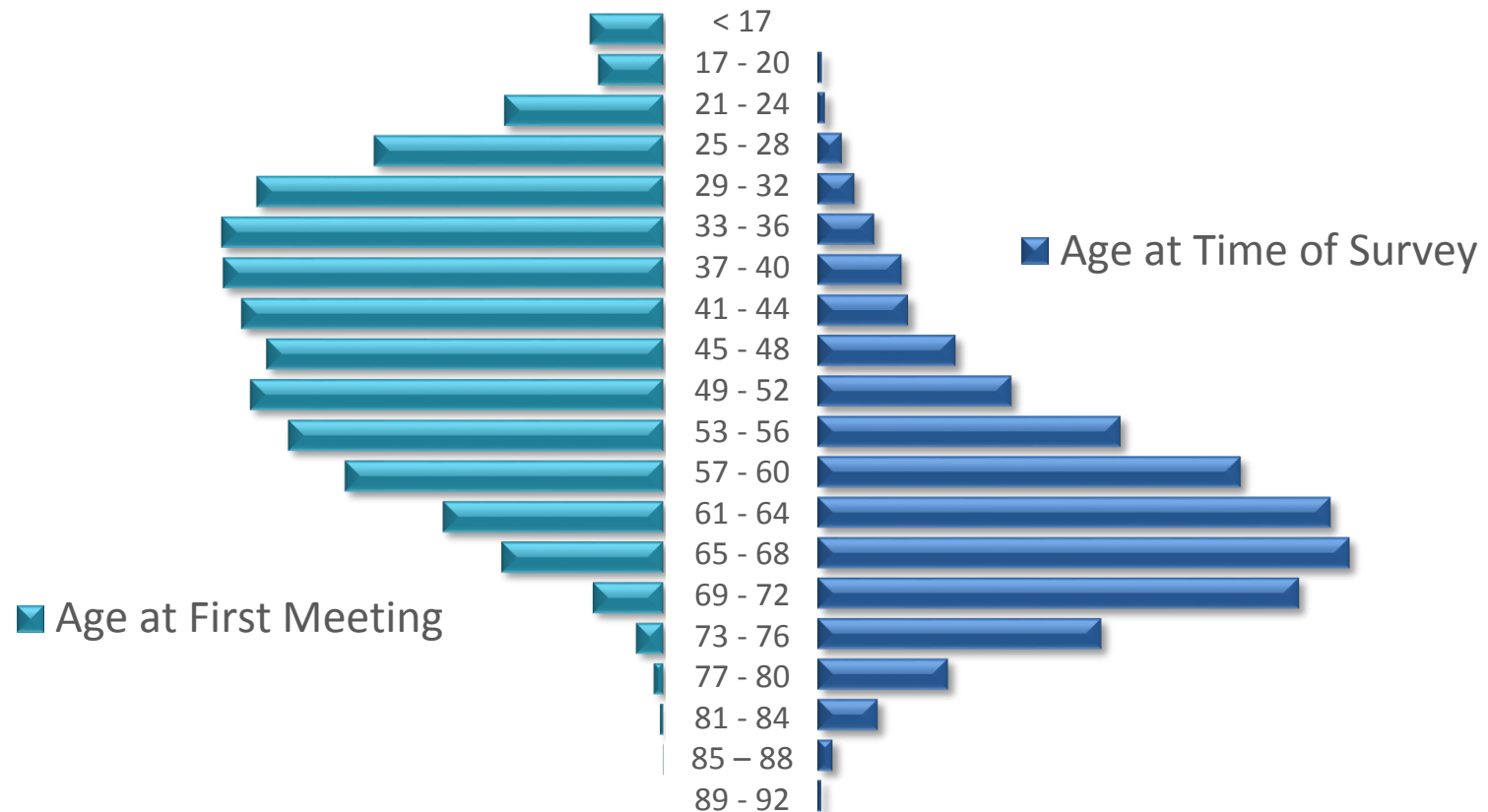
# Age at First Meeting



n=13,003

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

# Age Comparison



n=13,003

n=13,280

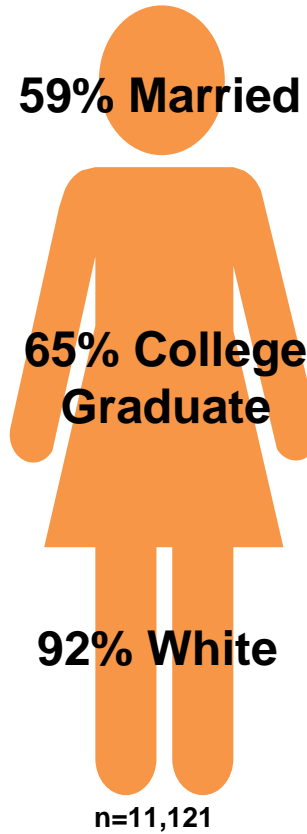
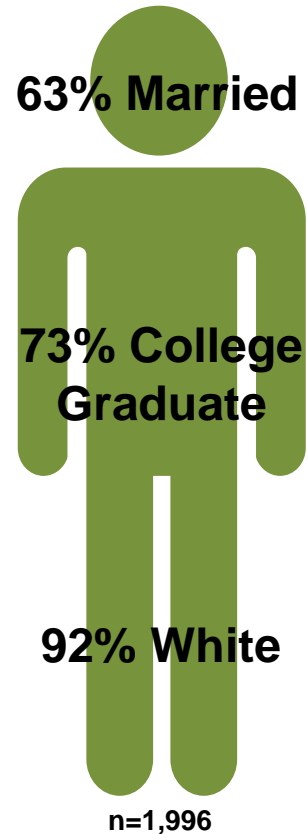
While 58% of survey participants are between the ages of 57 and 72, 56% were between the ages of 25 and 48 when they first attended Al-Anon meetings.

# Demographic Profile



## Males

- **21%** have partners who are A.A. members.
- **16%** are also A.A. members.
- **6%** have partners who are actively drinking.



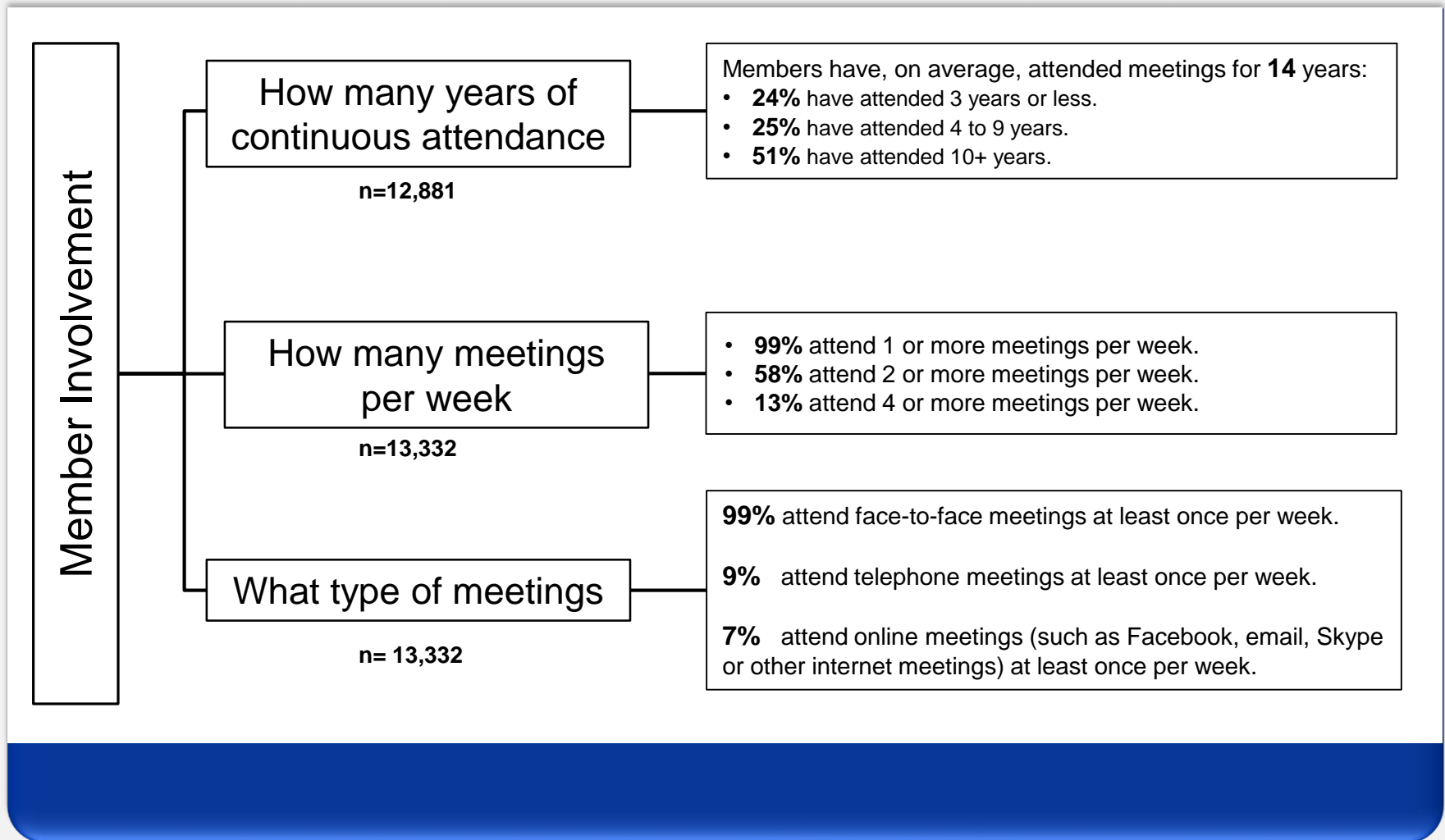
## Females

- **25%** have partners who are A.A. members.
- **7%** are also A.A. members.
- **10%** 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



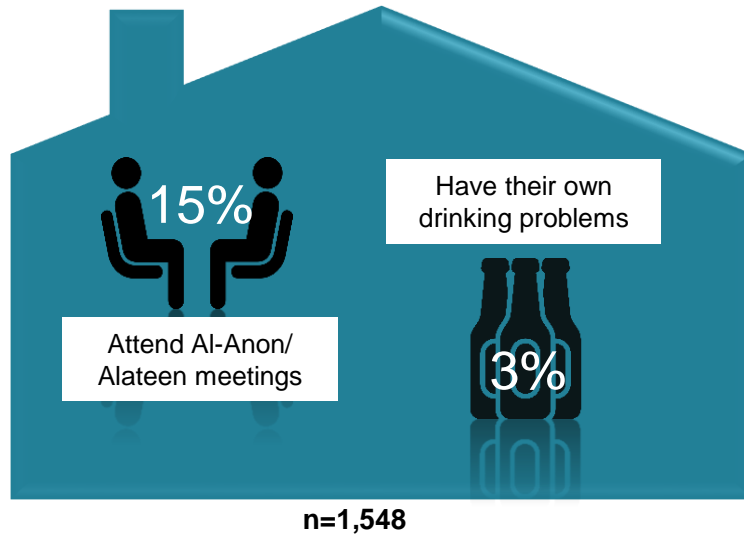
# Children of Members



12% of members have a child who is **under 18** living in their home.

n=13,328

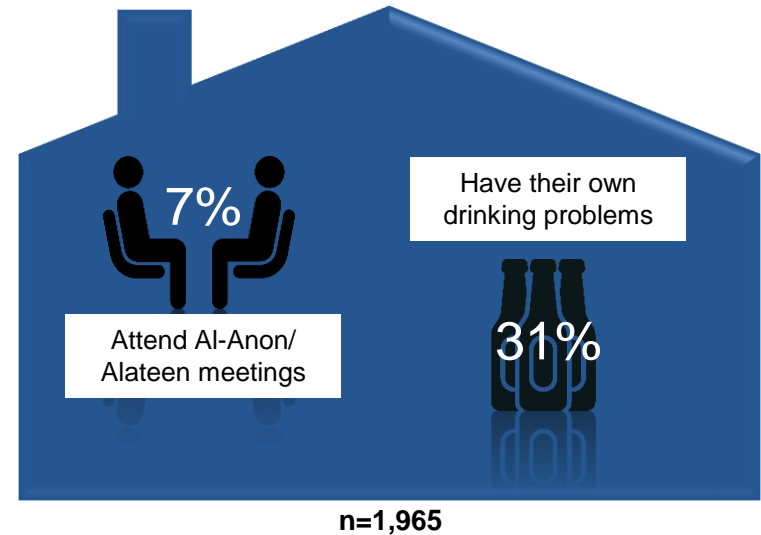
Of those children **under the age of 18**:



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

n=13,151

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 3 children have a drinking problem.

# Generational Trends of Alcoholism



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



n=13,302

## Top Generational Trends

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

**44%** Their parents  
&  
Their own generation\*

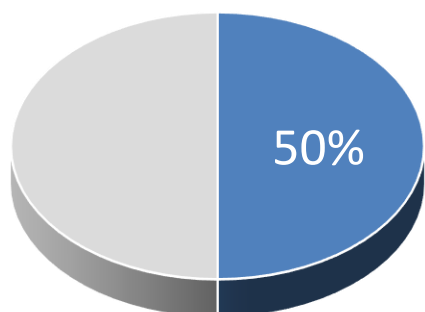
**32%** Their own generation\*  
&  
Their children

**20%** Their parents  
&  
Their children

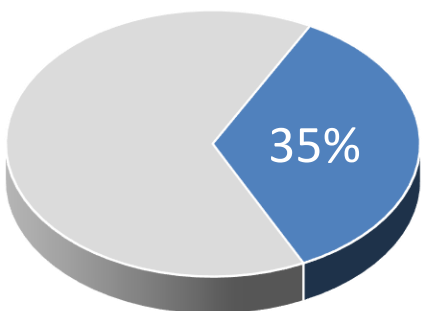
Note: "Their own generation" = siblings and members' romantic relationships

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

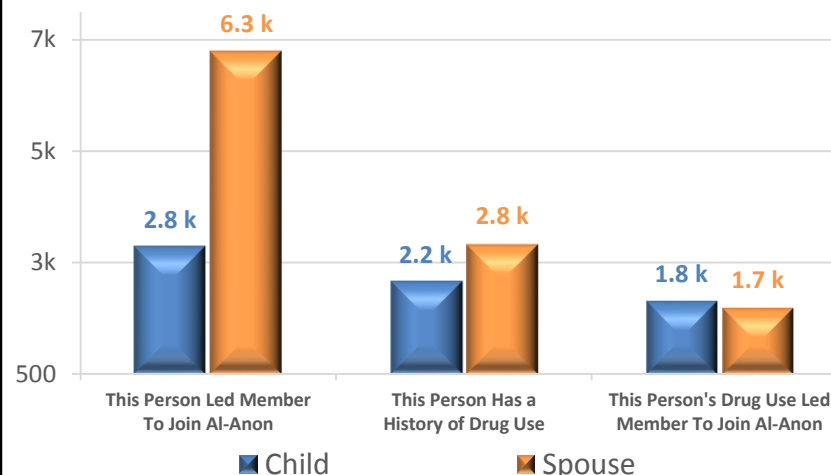


**50%** of members indicated that the family member or friend who had led them to initially attend Al-Anon meetings had a history of drug use.



**35%** of members specifically joined because of this drug use.

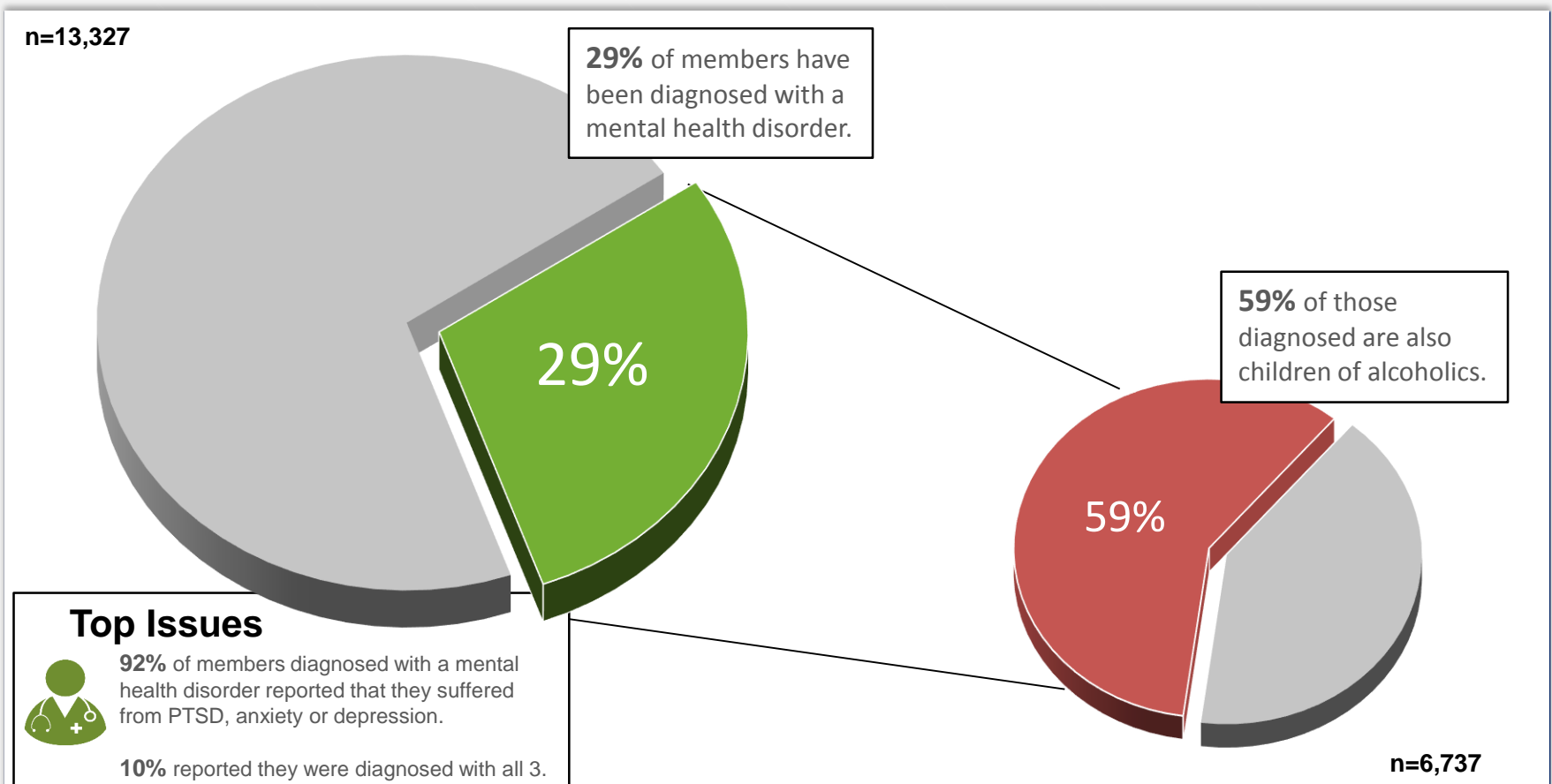
n=13,333



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 35% of members first came to Al-Anon because of a loved one's drug use, 78% of these continued their attendance due to someone's drinking having also negatively affected their life.

# Members Diagnosed with Mental Health Disorders



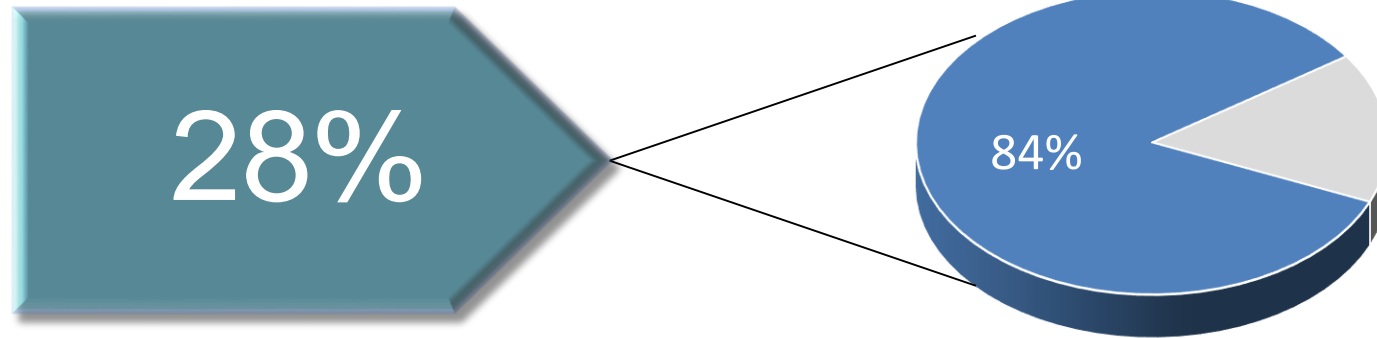
A child of an alcoholic is 68% more likely to be diagnosed with a mental health disorder than a spouse of an alcoholic.

# Professional Advocacy of Al-Anon



28% of members reported that they initially heard about Al-Anon from a professional.

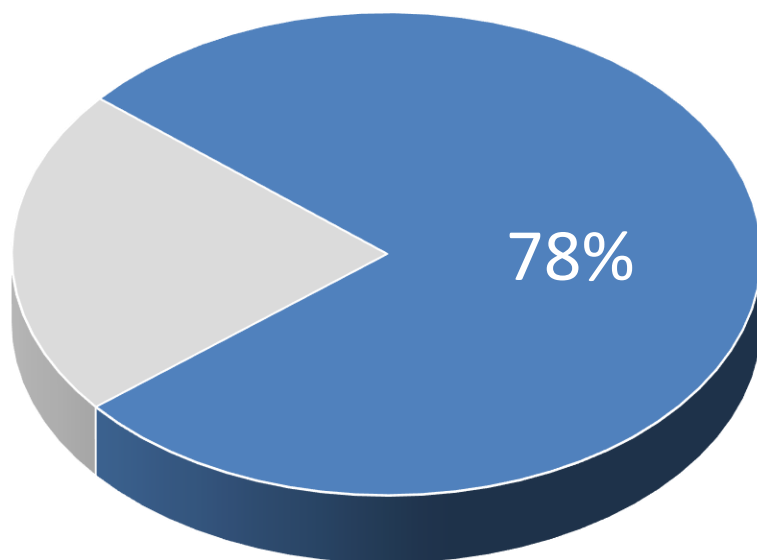
84% began attending Al-Anon meetings because of the professional's referral.



n=13,321

More than 1 in 4 members first heard about Al-Anon from professionals such as counselors, therapists and social workers.

# Members Who Have Sought Treatment, Counseling or Therapy



78% of members have sought professional treatment, counseling or therapy.

Of the members who have sought help

- 69% either started or continued treatment, counseling or therapy after joining Al-Anon.

n=13,361

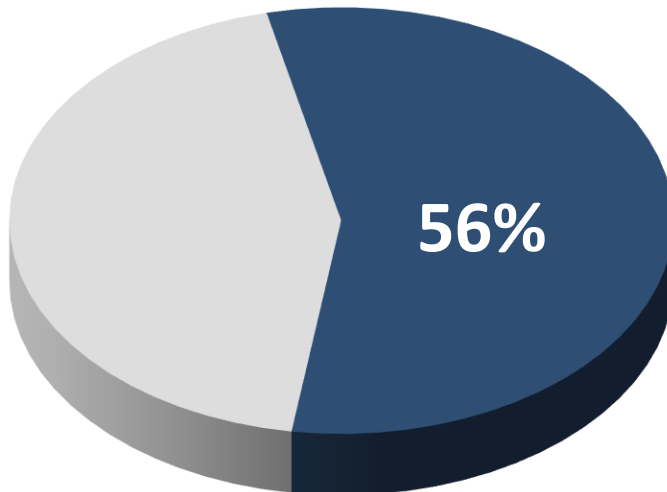
Of members who continued receiving treatment, counseling or therapy after attending Al-Anon meetings and who ranked their experience, 42% indicated an improvement in their treatment, counseling or therapy since attending Al-Anon.

# Members Who Have Experienced Abuse



## 56% of members have experienced abuse\*

- 49% of members have experienced emotional and verbal abuse **at the same time.**

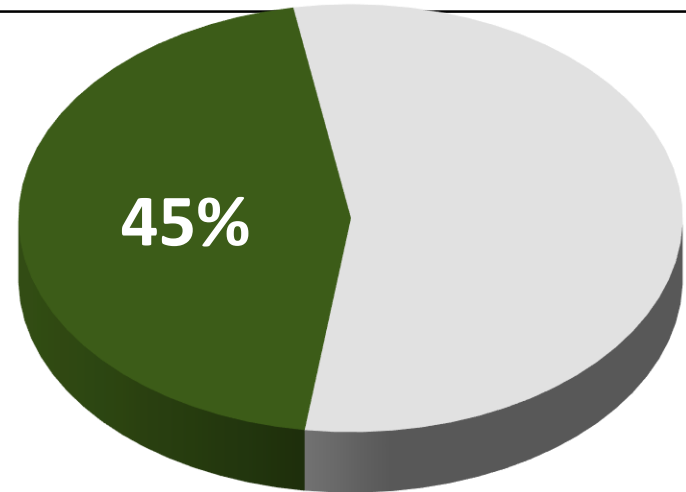


n=13,253

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

## 45% of members have experienced abuse & sought help

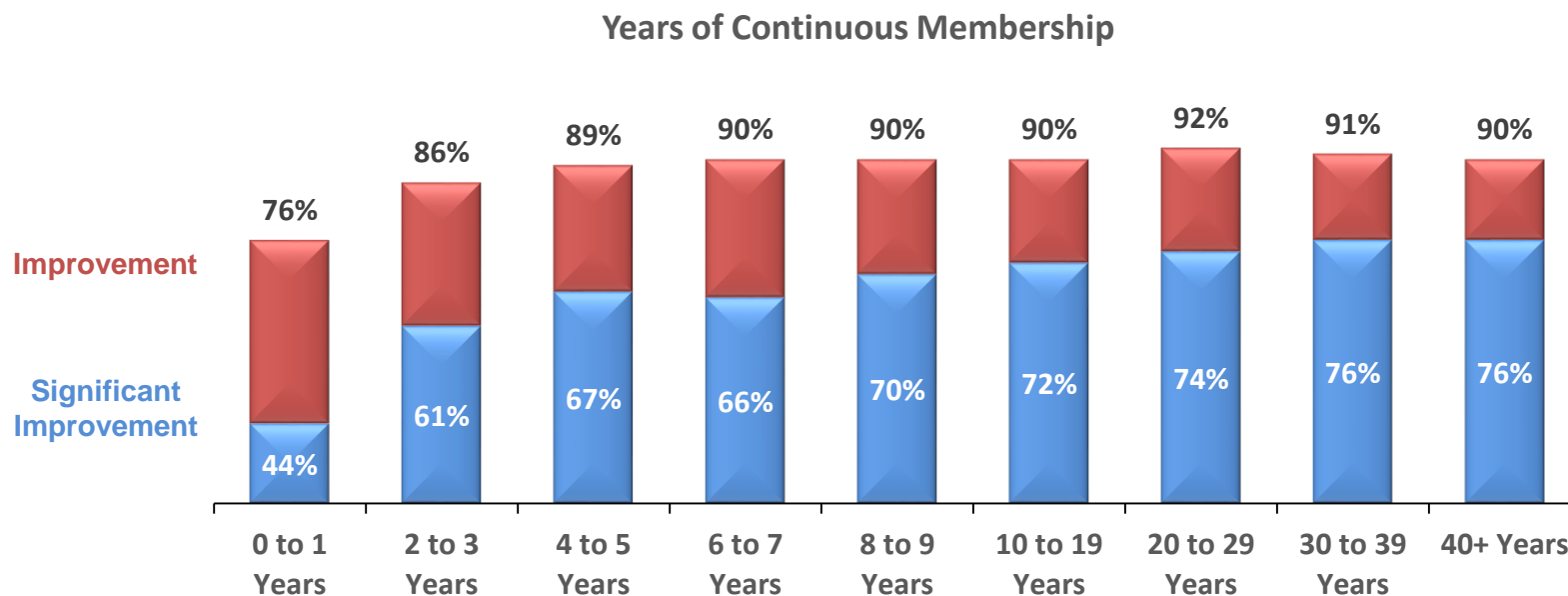
- The most common forms of treatment, counseling or therapy used by those who have sought help are mental health, marriage and family.



11% of members are still experiencing abuse.



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



Members reported, on average, an **88%** improvement in their assessment of their mental health from before they began attending Al-Anon meetings to the time of the 2018 Membership Survey.

**67%** reported a significant improvement in their mental health.

n=12,973

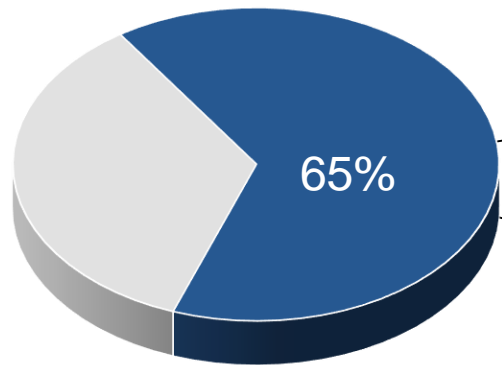
Within 2 to 3 years of continuous membership in Al-Anon,  
the average member will report an 86% improvement.

# Spiritual Inclination of Members & Benefits to Their Well-Being

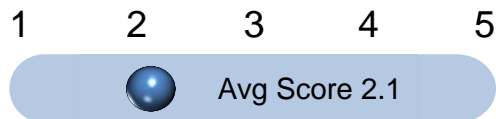


## Belonging to or practicing a specific religion

Before Attending Al-Anon Meetings

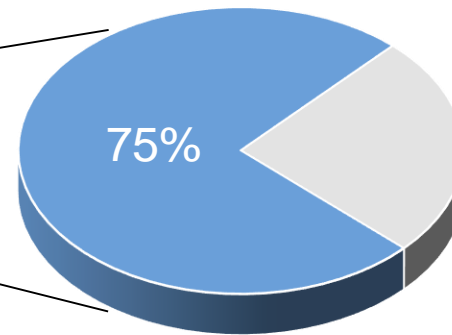


**Mental Health Score**

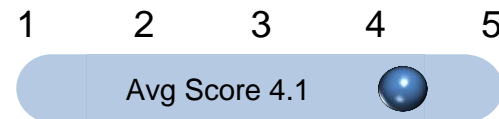


- 13% did not have any spiritual inclination

After Attending Al-Anon Meetings

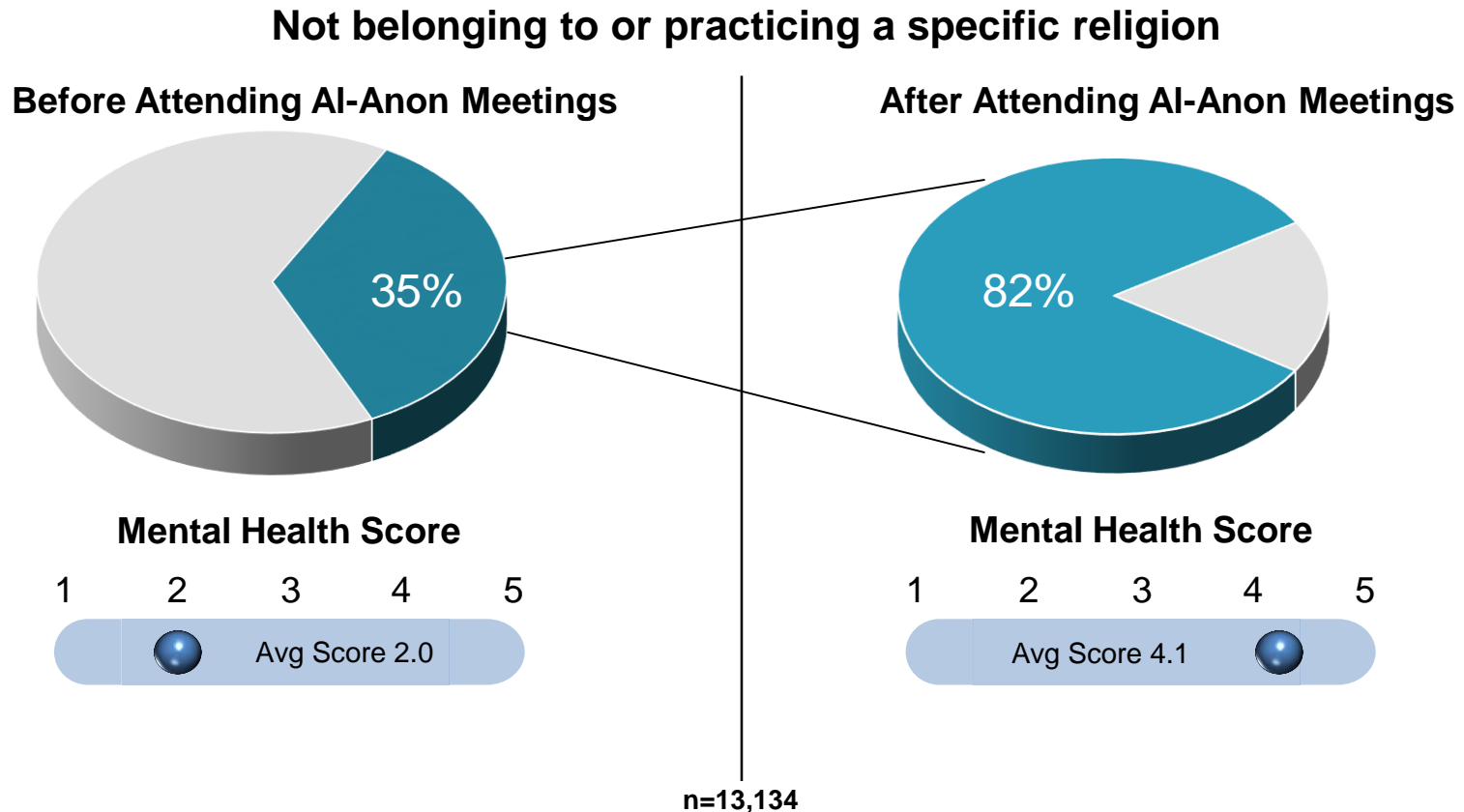


**Mental Health Score**



n=13,134

# Spiritual Inclination of Members & Benefits to Their Well-Being



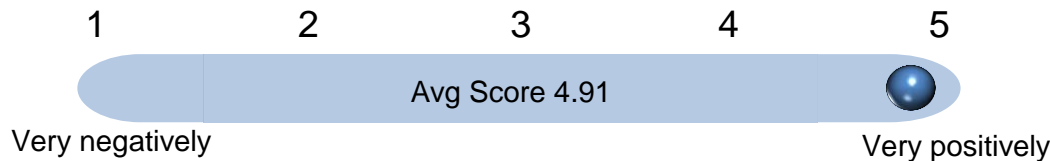
After attending AI-Anon meetings, 98% of members not belonging to a specific religion saw an increase in the quality of their spiritual life whether they joined a specific religion or not.

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



n=13,342

How has being a member of Al-Anon Family Groups affected your life?



93% of members' lives have been very positively affected by Al-Anon Family Groups.

Emotional state before versus after attending Al-Anon meetings

93% of members have reported that they have seen a decrease in the occurrence of negative emotions and an increase in positive emotions.

**93%**  
improvement  
in their emotional state

**75%**  
significant improvement  
in their emotional state

n=12,824

Condition of daily life before versus after attending Al-Anon meetings

**83%**  
improvement  
in their daily life

**62%**  
significant improvement  
in their daily life

83% of members have reported that they have seen an improvement in the condition of their everyday life, such as work or home life.

n=13,229

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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