



AL-ANON FAMILY GROUP HEADQUARTERS, INC. 2018 CANADIAN AL-ANON MEMBERSHIP SURVEY SUMMARY

In 2018, 1,495 Canadian Al-Anon members participated in the WSO's twelfth study.

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.

The findings are an aid to professionals, researchers, students, the media and anyone seeking information about Al-Anon Family Groups.

For complete survey results, visit al-anon.org/surveyresults



**11%
MEN**

**89%
WOMEN**

DEMOGRAPHIC PROFILE OF CANADIAN AL-ANON MEMBERS

- Males are more likely to be currently married, and are also more likely to be members of A.A. in addition to members of Al-Anon
- Females are more likely to be in a current relationship with an active drinker or a partner in A.A.
- The average age of female members when they first attended Al-Anon was 43.
- Male members tended to be 6 years older when they attended their first meeting.

AL-ANON'S EFFECT

- 91% of members' lives have been very positively affected by Al-Anon Family Groups.
- 93% of members have reported that they have seen a decrease in the occurrence of negative emotions and an increase in positive emotions.
- 93% reported an improvement in their emotional state; 73% reported a significant improvement.
- 43% of members who have continued to receive professional treatment since attending Al-Anon indicated an improvement in their treatment, counseling or therapy.

AL-ANON MEMBERS MENTAL HEALTH & PROFESSIONAL INVOLVEMENT

86%
of these members joined
because of this referral.



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

- 25% of members have been diagnosed with a mental health disorder.
- 92% of members diagnosed with a mental health disorder reported that they suffered from PTSD, anxiety or depression; 10% reported that they had been diagnosed with all 3.

RELATIONSHIP BETWEEN ALCOHOLISM AND MEMBERS

51%
of Canadian Al-Anon
members are children of
alcoholics.



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

- 10% reported both their mother and their father were alcoholics.
- 26% of members' children over the age of 18 who live at home have their own drinking problems.

AFG, Inc.

professionals@al-anon.org • 757-563-1600 • 888-4AL-ANON • www.al-anon.org