**S1 Table Process evaluation (flip chart data)**

During the intervention sessions, flip charts were used to record key discussion points during the intervention sessions:

**Session 1**

Pros and cons of being drunk

Advantages of not getting drunk during a drinking occasion

Disadvantages of not getting drunk during a drinking occasion

Importance of changing current drinking pattern

Confidence in ability to change alcohol consumption

**Session 2**

Set a SMART group alcohol-related goal

Barriers and facilitators to goal attainment

Importance of setting a goal

Confidence in achieving the goal

Formulate a group action plan to achieve the goal, including *when*, *where* and *how*

**Session 3**

Identify risky drinking situations (real or anticipated) i.e. when it is difficult to achieve the goal

Develop ‘if-then’ plans by identifying specific barriers and specific actions

Identify rewards as an alternative to alcohol that cost/don’t cost money

All data have been anonymised

**Group 0201, Session 1**

|  |
| --- |
| **Pros and cons of being drunk**  **Pros**   * Getting dressed up * Fun * Lose inhibitions * Make new friends * Feels nice – euphoric * Have dance (pro dancer) * Feet hurt less * Don’t feel cold * Do silly stuff * Something to do * Cheap way to have fun * Spending time with friends * Reduces anxiety   **Cons**   * Having a bad night – obligated * Risk taking – dangerous situations * Morning after * Health related issues, short term + long term * Hangovers * Smoke more * Eat more, saying doing things wouldn’t normally do * 24hour takeaway * Weight gain * Never do anything next day * Productivity the next day * Making a ‘tit’ of yourself * Doing things wouldn’t normally do * Fights lashing out * Injuries * Not remembering things * Spending more once drunk * Not being able to drive |

|  |
| --- |
| **Advantages and disadvantages of not getting drunk during a drinking occasion**  **Advantages**   * Guilt free long lie * Save money * Driver – free drinks (union) * Lack of roughness * Productivity increases * Not so tired – waking not refreshed * Less toxins in body * Tidier * More time, feel better about life too * Long term –more confident * Less anxiety * No booze blues * Lose weight/not weight gain * More motivated * Skin better   **Disadvantages**   * Better value to buy in bulk * Easier to abstain than cut down * See friends less * Could spend more/same money * Meet less people/less social * Less to talk about/stories gossips * Missing special occasions |

**Group 0201, Session 2**

|  |
| --- |
| **Barriers and facilitators to goal attainment**  **Barriers**   * Other people buying them for you * People handing you them * Other people having them around you * Not feeling drunk enough * Everyone else drunk * Confidence – more carefree * Needing drinks to enjoy the venue * Practical element – not so many toilet trips |
| **Risky situations**   * End of exams – blow out * Special occasions (birthdays, st paddys) – remind each other not drinking shots/buying * Deserve them – holidays – safety * Joining in with other people – having less at Pres using measure glass * Awkward situations – anxiety/new people * Not feeling happy/drunk enough, just going to pres * When you don’t want to go out * Who you’re with – not the group goal * On offer/freebies – the group ‘bombs’ slower, not shot them |
| Normal drinking night  10pm (vodka +juice before)  Pre-drink (approx. 2.5) – G+T, vodka + fruity diluting juice  12pm (travel with drinks)  Liar – Bar/club, shots jaeger bombs x 2 + drink/mingle straight away  Sofas, meeting new friends here  DJ  30min/1hour (stay in 2s of original group) some shots, drinks  Mono club – any mix. Go to bar as a group – some stay some go  Meeting point – shot + drink (prop) together  No drinks on dance floor.  Need for cool down, also go outside  Queue big  Rounds |
| **Facilitators**   * Doing it with friends * Not getting so drunk before – predrinking * Not taking out so much money * Taxi + couple of drinks + food * No bank card * Going to Air-nicer drinks * Thinking about the next day (productivity/activities planned) |
| **Goal:** No Shots  S – No shots in the Union, anywhere Liar, Mono, Air  M – count them  A –  R – G  T –  **When**: Fridays and Saturdays  **Where**: The Union  **How**: Group encouragement  **With**: each other  **Confident**: 8/9  **Important**: 7 |

**Group 0201, Session 3**

|  |
| --- |
| * Reminding each other not to shot every time * Prinking – having less, different alcohol content (beer/cider), measures for spirits * Just going to ‘pres’ * Drinking bombs more slowly   Goal – no shots in the club  When: Any night  Where: anywhere/nightclubs  How: being aware of predrinks – how long there for/plan more  With: each other or 2 more |
| **Rewards**  **Wee bit more cost:**   * Theatre trip * Out for dinner * DCA cinema club * Day trip – st Andrews, beach, get an ice cream * Having nice cocktails, 16th May evening * Planning holiday * Hot air balloon – 2018 July * Café lunch * Afternoon tea   **Low cost:**   * Getting cat * Movie night * Pot luck dinner * Going for a walk * <name>’s cake * Having a bath – candles * Conditioning treatment at home, pampering night * Chatting to friends * Early night – book/dvd * Tidying room/fresh bed sheets * A nice healthy meal * Baking/cooking together |

**Group 0202, Session 1**

|  |
| --- |
| **Pros and cons of being drunk**  **Pros:**   * Relax * Easier * Social scene * Masks the unpleasantness – smell, people, too noisy, people bumping into you * Seeing friends * Having a good time * Tastes nice – cocktails * Treat – justified/earned * Funny memories * Meeting people   **Cons:**   * Overly emotional during + post * Guilt * Post weight * Missing important things * Hangovers * Losing, dropping, breaking things * Cost – going out + holidaying away * Unattractive * False confidence * Smoking with drinking * Memory loss * Dangerous * Health – long term + short term * Bad skin * Bloating * Lose a day – fun things, need to do things * Working hungover * Facebook pictures |
| **Advantages and disadvantages of not getting drunk during a drinking occasion**  **Advantages:**   * Save money \* 5/6 * Better health – diet choices, not smoking reduces temptation \*6/7 * Weight – calorific drinks * More productive * Respect – for yourself + for others * More in control – finance, body, mind, people around you \*9 * Keeping the class   **Disadvantages:**   * Not seeing friends \*10 * Some situations wouldn’t be fun * Not as much energy on the night * Night out not quite as fun * Explaining yourself why having less |

**Group 0202, Session 2**

|  |
| --- |
| Pre-drinks – usually ready  8-9 pm. – spirits (3/4 drinks), champagne, wine. Home measures/free pouring. Usually finish bottles  9-10pm. – lift/taxi down:  -drinking different speeds  - starting off two groups of rounds  -end up buying own drinks  -spirits – 8  -shots (every 2nd round): apple sourz (2), jaeggar boms (2-5), Sambuca (1 or less) (often do more shots when guys are out too – they buy them) |
| **Goal:** Reducing pre-drinks  **Barriers:**   * Getting everyone together * Save money * Catch-up – easier * Drinks that you like |
| **Goal:** Measure your measures when pre-drinking – shot glass, on a <place> night out  **When**: <place> night  **Where:** each others’ houses  **How:** with shot glass + top up with mixer  **With:** each other |

**Group 0202, session 3**

|  |
| --- |
| * Meet in <place name> pub – white wine spritzers * Being bored * Being in <name>’s house * Mecca Bingo * Aware of measures but not a focus * Stress – had a hard week * Meeting in a pub * Not starting off in someone’s house * The boys (influence) involved in night + buying drinks * Big night out planned * Non-planned night, start drinking and carried on * On a budget (drink loading) * Company influence |
| * <Place>, not in your home – plastic shot glasses; measuring with caps; decanting into water bottle * Recognising the bar measures – what they are using * Counting actual drinks – using phone (app tally; drink selfies); holding onto glasses (something to symbolise the glasses-pennies, straws, post it notes) * Having quota * The boys – getting them involved * Bringing a limited supply of pre-drinks * Making one pitcher at the start * Not mixing spirits |
| **Rewards:**  **Pretty cheap:**   * Less of a hangover * Having a more productive day * A “free” day – sofa day, magazines, junk food * Movie night * Being a kid night – fart, board games   **Not so cheap:**   * Day out – getting nails done; zoo trip; go-carting * Shopping * Spa day – steam and sauna * Go out for a meal * Holidays   **Go out for a meal in April** |

**Group 0203, Session 1**

|  |
| --- |
| **Pros and cons of being drunk**  **Pros:**   * Confidence – not so self-conscious * Giggly * Other drunk people * A laugh * Good memories * Celebrations * Social aspect * Meeting new people * Kopperberg beer gardens   **Cons:**   * Hangover * Weight gain * Looking after <name> * Working * Sore head/ill/dizzy * Brutal honesty * Money * Blackouts/memory loss – panic after * Dangerous/vulnerability * The shame (walk) * Too convincing acting (zombie) * How people treat you (them thinking you’re drunk + not), especially someone you care about * Other people not handling their drinks – your night’s ruined * Other drunk people * Overcrowded clubs * Injuries – to self and others |
| **Advantages and disadvantages of not getting drunk during a drinking occasion**  **Advantages:**   * Weight loss/not putting weight on * More money * Less injuries * Feeling fresh * Gloating * More control   **Disadvantages:**   * Odd one out * Less tolerant of drunk people * Drinking too early on – night gets cut short |

**Group 0203, Session 2**

|  |
| --- |
| 5/6 – have dinner, rose spritzers  6/7 – getting ready – wine – bottle between 2 (rose); coke/irn bru  7-9 – vodka red bull  9-11/11.30 – pub (couple) – vodka red bull x 4 (doubles); pints x 4; diet coke; shot with each drink (2-4-6): jagger bombs, bucky bombs, haggis bombs, skittle bombs. ; usually long drink + a shot  11.30/12 – 2.30/3 – union/underground/liquid; Union – still drink (cheap) –vodka lemonade + shot – 2-3 (6 measures); Double in tall glasses + 2 shots; 6-8 drinks – 32 measures; water |
| **Group Goal:**   * Pre-drinkng – wait till finished getting ready * Shots – maximum shot total 4 “da” jaeger bombs * S – 1 in each pub; 1 in “da” club * M – 4 * A & R - √ * T – group motivation; wait till finished getting ready   **Goal** – 4 shots: 1 in each pub; 1 in the club  **When**: next night out  **Where**: pubs + union for shots. J’s house for pre-drinks  **How:** eyeliner, lipstick, drink selfie (per location)  **With**: J, A, K |
| **Confidence:** 6; 7; 9  **Importance:** 9 |

**Group 0204, Session 1**

|  |
| --- |
| **Pros and cons of being drunk**  **Pros**   * Time to yourself * Relax/wind down * Enjoying with your meal * Socialising * Taste * More confidence * Feel good about yourself * Makes you happy * Cheap – depending on day   **Cons**   * Getting jumped * Having a drink and not being able to drive * Drinking around children * Hung-over – brain explosion * Falling about * Can’t say no * Cost – losing money * No remembering anything * Getting drink spiked * Pictures next day * Weight gain * Injury to self * Too much confidence * Head spinning * Forgetful * Dangerous things * Premature climbing objects * Aging * Bad decisions * Beer goggles * Going home with men * Retching in the morning * Waking up places up places you shouldn’t be * Vulnerable situations |

|  |
| --- |
| **Advantages and disadvantages of not getting drunk during a drinking occasion**  **Advantages**   * Have more fun * Spend quality time with children * Make better decisions * Use money for other things * Go expensive places * More energy * Weight management * Better health * Better skin   **Disadvantages**   * Drink less – wouldn’t be drinking * Feel the odd one out |

**Group 0204, Session 2**

|  |
| --- |
| Special occasions  Head to a venue – drink more, don’t dance, nightclub not really drink, bar/queuing  Measure what you’re drinking  Nights in:  2 glass wine  2/3 big WKD  Bulmer 3 bottles  Nights out:  5/6  Don’t know  2-3 fish bowls  10-12 bot WKD smaller/2/3 archers lemon  Bottle vodka, house party (70cl almost) – 2/3 vodka |

**Group 0204, Session 3**

|  |
| --- |
| **Risky situations**   * Heading out * Jaeger bombs –scare stories * Annoying/difficult company – make a plan, ignore them, take the car, find her a man, not, more to drink before, beg the bigger person * Stressed out – drunk a lot quicker (cook/tidy), drinking faster, distraction/purpose/therapy, walk away, time out in the bathroom, comfort eating * Caffeine tablets – drink less   Feeling self-conscious – drink more |
| **Rewards**   * Going to the gym * Going for a nice meal * Face massage/massage * Retail therapy * Tidy * Sleeping |

**Group 0205, Session 1**

|  |
| --- |
| **Pros and cons of being drunk**  **Pros**   * More confidence * More fun – pre drinks, parting at Dawns * Sociailising * Not caring * Happy * Something to do * Buzz * Getting dressed up * Cat walking in * Drunk photos/videos * Free drinks * ‘<name>s boys’ (knowing someone who’s out) * Seeing people you used to know * Guilt free junk food   **Cons**   * Having junk food, wanting to eat * Sweating – gets too hot * Sometimes boring * Other people judging * Blanking out * Falling, bruises – eyes, knees and head * Being sick * Getting chucked out * Arguments * Getting ditched – being on your own * Not getting in nightclubs * Regrets * Waking up in unusual house * Saying things you regret * Other people’s BO * Facebook pictures (bad pics) * Union photographer * Other drunk people * Creepy guys * Fag burns * Hangovers/all day hangovers * Breaking heels/ripped dresses * Wanting to drink again next day * Waste of a lot of money * Weight gain * Taxis |

|  |
| --- |
| **Advantages and disadvantages of not getting drunk during a drinking occasion**  **Advantages**   * Behave in a more responsible manner * Being able to walk to casino * Still have neat hair and makeup * Remember faces and names * Remember more – how you get home * Aware of what you are doing/actions * Less/no arguments * Over-reacting less * Not know when to stop   **Disadvantages**   * Feeling boring * Drunk people * Feeling sleepy when tipsy * Not speaking to as many people |

**Group 0205, Session 2**

|  |
| --- |
| 8pm:  All ready go for predrinking to Dawns  Vodka lemonade/coke  3/4/5/6 – tall glass. 4 fingers of vodka  10.30pm:  Bus/taxi to Union  What’s left, travel bottle 500ml  Get to the Union  2 x drinks and mixer  1 or 2 shots – bombs skittle/jaeger  20 drinks each + drink bought 4  3x3 slushies  250ml spirits – 125ml Morgan’s, 125ml vodka, ½ vodka between 2  After party at Casino |
| **Goal** – drink a little less  S – when in the Union just buy 3 drinks  M – rather than 4  A –  R – Yes  T – Just buy 3 drinks each time  **When:** out in town – next time you’re out  **Where:** out in town/Dawn’s  **How:** count 3 glasses. Talk about it. Try to stick to the 3 drink goal. Help each.  **With:** Each other! |

**Group 0205, Session 3**

|  |
| --- |
| **Challenges**   * Having money, have a limit, leave bank card at home e.g pay day – just buy 3 drinks when at the bar in the Union long drink 2 of your choice, taxi money (leave taxi money at home/taxi money to <name>) * Drinking more at Pre-drinks – buy a smaller bottle ½ instead of 70cl (35cl), not taking bottle in taxi, not mixing drinks * If someone else buys them – buy one less yourself * Had a bad day/week – think * The shot lady – think about the money, avoid them * Drinking inside – drinks with ice 3 – 1 longer 2 shots or long drinks * Just wanting to get drunk * Boring feeling left out – go out but use solutions * Buzz from music   Had an argument – hang out, make plans |
| **£**   * Have a cake * Cinema * takeaway   **££**   * have a BBQ * food shop * zoo * camping   **£££**   * new trainers * holiday * tattoo * puppy * weekend away * clothes shopping * zoo * sky dive * TITP * Concert   After next night out – have a BBQ! In <place name> park (cook the sausages properly) |

**Group 0206, Session 1**

|  |
| --- |
| **Pros and cons of being drunk**  **Pros**   * Socialising * Relaxing – drink to forget * Happy * Makes unfunny people funny * Dancing – silly moves * Feel (like) da boy * More confident – overall, get over awkies * Meet more people * Pictures – good + bad (funny) * Getting dressed up * Something to look forward too * Laugh at funny story   **Cons**   * Minor assault through dancing * Too confident * Over sharing * Too emosh * Regret of being more weird * Fighting * Losing things * Hangovers * Structural damage/property * Not productive the next day * Life dread * Forgetting everything – some blank bits * Blackouts * Apologising after * Falling over –bruises * Breaking ruining clothes/shoes * Spending money * Pictures * More drama * Unhealthy skin/diet |

|  |
| --- |
| **Advantages and disadvantages of not getting drunk during a drinking occasion**  **Advantages**   * Less severe/less regret * Less embarrassing things * Remember everything * Don’t need to apologise * Less severe life dread * Better memory of the night * More awareness * Better at handling confrontation * Save money   **Disadvantages**   * Looking after someone who is more drunk * Left out * More tired * Not enjoy night so much * Heels hurt * Miss happy/silly stage |

**Group 0206, Session 2**

|  |
| --- |
| The night  7-10pm Pre pres:  getting ready, just the girls  Wine 1-2 (not the smallest bottle) ½ bottle  Beer/cider 1 maybe 2 can/bottle 1-3  Vodka + limeaid, try to have 3 (trying to match pub measures)  10-12pm Pres:  Bigger group of people (new venue)  Wine finish the bottle  Finish total of 4 beers/cider  7-8 drinks – measures similar  4% tropical juice (carribean twist 70cl)  12.30/1pm, Venue of the dance floor ‘da club’:  <Place name>  2-3 shots of bombs  Skittlebombs 7/8  Sambucca  1 vodka mixer  Arrive – 3 bombs  <Place name>  0-1  1-2  Never shots  Vodka mixers  Maybe alcopops  Socialising – drinks as a prop  Depends on money |
| **Goal:** Less hungover – more productive next day  Manage money better  In the club  S – setting a price limit (£5/10)  M - £5 member  A – Confidence  R – “  T – hangovers getting worse. Getting serious with degree. Setting a price limit of £5 in the club  **Where**: <Place name>  **When**: Next night out  **How**: Only take £5  **With:** each other!  Hang in bar  Enjoy the drink (taste) |

**Group 0206, Session 3**

|  |
| --- |
| * Habit to have a drink – having a soft drink – water/soda water * Needing money at some point – having something before going out, limited portion at home, drinking milk/banana * Entry fee – fob/card, VIP, sports club, saving £1 coins and £5 * Borrowing money * Cash card – not taking it out, physical money – picking up money on way home, taxi+food+drink – trying to commit to walking * Peer pressure – have another drink/all friends having, talking about it, planning drinks, water * Satisfying – appropriate not over spending   Saving £1 for food |
| **£**   * Sunbathe * Studying outside * Having a bath * Binge watching 4OD * Walking   **££**   * Long lunch * Drinks/chat * Trip to <place name> * Swimming * Cinema * Beach trip * Walking   **£££**   * Go on holiday again * Spa day * Weekend trip more local * Shopping * Day trip to <Place name>   26th June trip to <Place name> for a long lunch |

**Group 0207, Session 1**

|  |
| --- |
| **Pros and cons of being drunk**  **Pros**   * De-stress * Catching up * Feeling/buzz/on a high * Confidence * Lose inhibitions * Getting dressed up * Build up to a night * Guilt free eating * Taste - drinks themselves   **Cons**   * Drunk hiccups * Hangover * Smoke more * Confusing * Photos * Memory loss * Arguments * Other drunk people * Costs/wasting money on drinks out * Entry fee * Working hungover * Paying for taxis * Risky driving * Eating crap * Walk of shame * Spewing * Gambling * Violence * Falling * Breaking things * Spilling other people’s drink * Spilling your own drink |
| **Advantages and disadvantages of not getting drunk during a drinking occasion**  **Advantages**   * Have a better night * Feel less bloated * Not so likely to be sick * Not as violent * Spend less money – spend money better * Better decisions – money related * Less one night stands * Feel better the next day * Still have friends/boyfriend/dignity the next day * Beer goggles   **Disadvantages**   * Annoyed at other people including friends * Feel a bit self-conscious * Sweaty people * Put a downer on your night * Feel a bit left out |

**Group 0207, session 2**

|  |
| --- |
| To get a job  Specific – Handed out CV’s. Every Thursday after school  Measureable – Handed out 10 CVs, 2 hours  Getting call backs/rejections/offers/online applications  Attainable – 2 hours, 10 CVs  Job offer  Realistic –  Timely – Is this the right time for you to set this goal? |
| 6pm – Vodka/Irn bru (starting off with small measure, 1 finger) ¼ bottle vodka  9pm – 2 x 3 finger vodka/irn bru  Taxi/lift to pick up <name>l  10pm –  11pm – Jugs of cocktails (Venmon, Woo Woos)  Share 1 between 2 (18-20 35ml vodka, ½ bottle)  4-5 jugs each  Vodkas, ½ bottle each  2 Kopperberg/Rose – 250ml (2 drinks)  11.30pm – 10 shots – Sours/Aftershock/Sambucca/Jaegerbombs  Underground/Union/Liquid/Out  Ameretto + coke  Vodka + coke (3-5)  Cocktails  Long vodka ¾ vodka  Sweeping drinks (0-2) 40 drinks  2am – Kebab shop |
| **Goal**   * Stop sweeping drink * In between drinks * Miss out the ‘inbetween drinks’, the Kopperberg/Rose   **When**: next night out  **Where**: <Place name> bar  **How:** Just not buying them  **With**: each other! |

**Group 0207, session 3**

|  |
| --- |
| Missing out in between drinks   * Not really enjoying them * Wasting money * Mixing drinks * Getting more drunk to feel better stand other drunk people move * Peer pressure – commit to help each other * Other people buying drinks – take it slower, not buy replacement for the free drinks, share them, jug each, using a glass – use a straw * Drinks on offer * Money – leaving money in house, hiding money from self (taxi + food), not taken card out |
| **£**   * Day trip * Water fights * Visit the beach * Pamper/spa day   **££**   * New bras * Makeup * New hair * Pamper self * Eyebrows/nails * Car * Paint balling * Spa trip * Tattoos * New piercings   Spa trip for the weekend in September 2014  **£££**   * Buy a yacht * Louise Viton * Car * Tattoos * Holiday * Buy a house * Pony * Private jet * Leon berger * Camel * Boob job * Plastic surgery * Personal trainer * Chef/dietician * New hair * Swim with sharks |

**Group 0208, Session 1**

|  |
| --- |
| **Pros and cons of being drunk**  **Pros:**   * Social – getting together * Celebrating * Loosen up a little * Enjoying the night more * Dressing up nice – make-up * Build up – getting ready * More confident * Funnier * Music/dancing * Chatting up with old friends * Photos * Food   **Cons:**   * Expensive food next day * Making a fool of yourself * Speaking to people you shouldn’t be speaking to * Hangover * Photos * Throwing up * Tears – over emotional * Feeling obliged to go out * Regret – everything/anything * Crossing the line * Falling over * Breaking things * Taxi rides * Spinning toilet – cubicle * Other drunk people * Making fake friendships * Making up * Make-up everywhere * Too hot, uncomfortable * Blisters * Sweaty strangers |
| **Advantages and disadvantages of not getting drunk during a drinking occasion**  **Advantages:**   * Make-up staying in place * Remembering things * Not as bruised – not falling * Less of a hangover * Not over emotional/arguments * Less likely to make a fool of yourself * Spending less money or losing your money   **Disadvantages:**   * Less confident * Feel left out |

**Group 8, session 2**

|  |
| --- |
| 8:30 – 9 ish – prinks (pre-drinks)  At a house – WKD 1-2 bigger bottles; wine – 1 bottle  11.30 – taxi to Union (no taxi drinks)  To liar – cocktails, vodka based (small pint glass) 2/3rd  Mono – bombs – 2-5  12.30 onwards – Vodka lemonade 3; shots – 3: sourz/Sambuca/tequila  2/2.30 – food! |
| **Goal:** Pre-drinks – share a bottle of wine between 2 people  Shots – stick to 4 shots or less (incl. bombs + shot shots)  **How**: take a picture; not buy each other; cashing shots in on different floors; shot blocking  **Where**: <Place name>  **When**: Next night out  **With:** Each other |

**Group 0208, Session 3**

|  |
| --- |
| Pre-drinks – sharing a bottle of wine between 2 people   * No one else drinking wine – buy a smaller bottle * ½ bottle not lasting the pre-drinks timeframe – slowing down-smaller glass; leaving bottle further away; making up tall drinks; waiting 10 mins between drinks; use ice; not using a straw * Drinking games – finish drink then have time out; sneakily use soft drinks in the game * Emotional/upset ‘cause a bad day – get some food + bitch over chicken! * Peer pressure – avoiding (night out) – club/busy places; doing things in smaller groups; keep your hands full; pretend drinking the shots (use the ice); act drunk * Want to get drunk/ let go, why not – think about money; a good night doesn’t have to end in the casino; not getting involved in big rounds (sticking to 2s) * Special occasions – keep your hands full; sticking to the same drink; all of the above |
| Stick to 4 shots or less  -take a picture  -not buy each  -cashing shots in on a different floor  -shot blocking   * Special occasions: peer pressure; not buying for each other; pick a lower % shot (sourz); hands full; act drunk/happy * Bumping into friends – choosing a weaker shot; just say no – whit a smile * Randoms buying shots for you – just give it away; ask for a long drink; say something to put them off buying it for you; spill it (on them) * Cheap shots (union) – 1 at a time; pause between drinks; be aware of how many you’re buying yourself; good selfish – recognise when you’ve had enough |
| **£**   * Night in – pamper night * Go for a walk * Day out * Cinema * Out for tea   **££**   * Shopping * Pampering yourselves * Nails done   **£££**   * Travel * Holiday * Nice car   Trip through to <Place name> for a girly night – near the 5th of August 2014! |

**Group 0101, session 1**

|  |
| --- |
| **Pro:** Social  **Con:** Cringey |
| **Advantage:** Saving money  **Disadvantage:** Miss out on social events |

**Group 0101, session 2**

|  |
| --- |
| **Goal:** Not drinking at casino  **How**: Avoid bar – distract: food + play games; stay together; encourage each other; get nice soft drink  **Where**: casino <Place name>  **When**: Saturday  **Who with**: Together |
| **Barriers and facilitators to goal attainment**  **Barriers:**  Friends outside group, boredom, extra money, routine/habit, others buy you a drink, temptation  **Facilitators:**  <name>’s good influence, groups encouragement, money for other things, feeling better/free time |
| **Importance:**  4;  **Confidence:**  5;8;9 |

**Group 0101, session 3**

|  |
| --- |
| **High-risk situations:**   1. People from outside the group 2. Plan on staying in but hear of friends going out 3. Special occasions 4. Tired from work 5. Family arguments 6. Special offers – <Place name>’s January sale – 20% 7. <name>’s dad 8. Bored 9. Too sober   **If this situation arises, I will…**   1. Go to the bar with group you are with, not new group 2. Find friends that are not going out: have a night in or go to the cinema 3. Take the car, have soft drinks, pretend you are pregnant 4. Sleep/ distract yourself 5. Going for a walk, visit friends/gran, take dog out instead of pub 6. Limit to a number of shots 7. Ask to have food instead 8. Take up a new hobby, put musing loud and clean room; go for food 9. Look after drunk friends, go home |
| **Rewards that are free:**  Spend time with family  Better sleep/feel better next morning  Massage each other  Pamper night  **Rewards that cost money:**  Shopping  Go for food  Road trip  Buy cookies  Haircut/get nails done |

**Group 0102, session 1**

|  |
| --- |
| **Pros and cons of being drunk**  **Pros:**   * Fun * Seeing friends/different groups * Break from uni work * Card games/drinking games are fun * Nice tastes/trying new drinks – treat * Chance to dress up * Chance to dance – less awkward * Meeting new people   **Cons:**   * Falling over * Hangovers * Silly arguments * Expensive * Getting emotional * Forgetting things/embarrassing * Falling asleep in public places: toilets |
| **Advantages and disadvantages of not getting drunk during a drinking occasion**  **Advantages:**   * Losing weight * Feeling healthier * Spend less money * Eat less food after night out, next morning/day – always junk food * Better photos next day * Less hungover by not mixing drinks * No cancelling plans next day/ more productive * Less bloated   **Disadvantages:**   * Going home early – too sober * Less tolerant to drunk strangers * Feel pain in feet/be more cold * More socially awkward |
| **Importance:**  General: I: 3, R & A: 5, J: 6  Health: I, A & J: 8, R: 9  **Confidence:** 6;7;9 |

**Group 0103, session 2**

|  |
| --- |
| **Specific goal:** Use actual measures when drinking at home  **Action plan:**  **How:** Use measuring cups, smaller glasses, leave everything in the kitchen so it is more effort to pour another drink, don’t let others pour the drinks outside the grouo  **Where:** Amber/Iona/Rachael’s flat  **When**: May sometime  **With whom**: Together  **How important**: I, A & J: 7; R: 6/7  **How confident**: R & A: 8, I: 10, Jo:8/9 |
| **Barriers and facilitators to goal attainment**  **Barriers/unhelpful things:**   * Somebody else pouring it * Not appropriate glasses – too much mixer * Pressure to catch up with people outside the group * Drinking games * Feeling stressed – uni   **Facilitators/helpful things:**   * Having appropriate measuring tools * Supporting each other * Having set plans the next day |

**Group 0102, session 3**

|  |
| --- |
| **Risky situations – How to cope with these**   * Not been out in a while – start drinking later * Final hand in ever at uni – celebration – inevitable * Results day – go for dinner, bring some money * Flat crawl- same amount of spirit in each drink * Other people buying drinks – pass on to somebody else * Friends haven’t seen in ages – limit how much money you take. Suggest other activities   Boredom – go for a walk, cinema, run etc.. going to <Place name> |
| **Rewards:**  C**ost money:**   * Shopping * Cinema * Dinner * Day out in <Place name> * Go on holiday * Music festival   **Don’t cost money:**   * Go to the beach * Go for a walk * Movie nights in * Baking/cooking * Cleaning * Paint nails * Board games * Socialising – nowhere to rush * Gym |

**Group 0103, session 1**

|  |
| --- |
| **Pros and cons of being drunk**  **Pros:**   * Sociable * Something to do * Reward/treat * Happier   **Cons:**   * Hangover * Dangerous * Aggressive behaviour * Embarrassment * Feeling on top of the world * Long term health consequences |
| **Advantages and disadvantages of not getting drunk during a drinking occasion**  **Advantages:**   * Save money * Better liver * Better skin * Lose weight * Feeling fresh next day * Not waking up to strangers   **Disadvantages:**   * No buzz * Less tolerant of other drunk people * Feel more boring |
| **Importance:** 1, 4  **Confidence:** 3, 7 |

**Group 0103, session 2**

|  |
| --- |
| **Goal:** No shots next night out  **How:** avoid shot girls, together to bar, tell people not to provide shots  **Where:** Union  **When**: 2 weeks, next time  **Whom**: together |
| **Barriers and facilitators to goal attainment**  **Barriers:**   * Too sober * Being too drunk * Meeting friends outside group * Cheap shots * Sambuca tastes good * Shot girls walking about, easy access to drink, no queue * Buy more of other drinks   **Facilitators:**   * Reminding each other * Feeling better next morning * Some shots expensive |
| **How important to achieve goal:** 5,8  **How confident are you to achieve this goal:** 5 |

**Group 0104, session 1**

|  |
| --- |
| **Pros and cons of being drunk**  **Pros:**   * Makes you happy/giggly * Relaxed/carefree * More in the present * Sociable * Feel more confident- looking better * Dancing/music * Make new friends * Tastes nice * Something to do – activity * Goes well with food + friends * Celebration * Funny stories   **Cons:**   * Injuries * Hangovers * Embarrassment * Sickness during night out * Sometimes makes you feel worse * Sore body next day/stomach * Doing silly things/regret * Blanks * Dangerous situations – walking home alone * Lose important things * Expensive * Can’t drive * Missing out on things the next day – disappointment * Doing things you regret * Calories – binge drink next day |
| **Advantages and disadvantages of not getting drunk during a drinking occasion**  **Advantages:**   * General health benefits * Save money * More productive * Less injury * Less tired * Less likely to end up in dangerous/risky situations   **Disadvantages:**   * Less fun on nights out * Left out * No prep * Less tolerant to other drunk people * Less funny stories/moments * Make less friends-less interaction with other people |
| **Importance:** 1, 1,2,2,4,4  **Confidence:** 3,4,5,8, 10, 10 |

**Group 0104, session 2**

|  |
| --- |
| **Goal**: No shots throughout the night  **How:**   * Don’t order them * Order something else * Inform others at pre drinks * Practise saying “no” * Support A * Order together * Whoever fails needs to buy everyone drinks after the night out   **Where:** <Place name>  **When:** Friday, 23rd  **Who with:** the group |
| **Barriers and facilitators to goal attainment**  **Barriers:**   * Other people buying shots * Temptation/too sober * Quick fix * Others not understanding * Challenge to see if you will drink a shot * Shots are cheaper than other drinks * Already being drunk – harder to follow goal   **Facilitators:**   * Being in a good mood * Standing together * Knowing you are saving money * Taking out a certain amount * Dancing – doing other things and not going to the bar * Treating yourself to a nicer drink |
| **Importance:** 4,4,5,7  **Confidence:** 7,9,9,9 |

**Group 0104, session 3**

|  |
| --- |
| **Risky situations: If – Then**   * Close friends outside group drinking shots – go to the bar without them * If too drunk – support from group/keep card somewhere (purse) * Too quiet/not enough distractions – could go home/change venue * Not been out in a while – being aware/drink more water, eat big meal before * Start drinking too early – buy less alcoholic drinks/pace yourself * Didn’t eat enough before – buy food at venue |
| **Rewards:**  **Cost money:**   * Have ice cream * Go on holiday * BBQs * <Place name> * Road trips * Shopping * Go out for a meal   **Don’t cost money**   * Cook together * Go for a walk * Pamper night * Movie night * Board games |

**Group 0301, Session 1**

|  |
| --- |
| **Pros and cons of being drunk**  **Pros:**   * Fun * Getting dressed up * Confidence * Spending time away from kids * Relax * Socialising * Less boundaries * Take aways   **Cons:**   * Hangovers * Spending lots of money * Make a fool of yourself * Time away from kids * Waking up for the kids during the night * Facebook photos * Drunk texts * Less boundaries |
| **Advantages and disadvantages of not getting drunk during a drinking occasion**  **Advantages:**   * Less money * Not being sick * Less drinking * Less embarrassment * Less bruises * Listen to people   **Disadvantages:**   * Less drinking – drunker people are annoying * Listen to people |
| **Importance:** 2  **Confidence:** 8 |

**Group 0301, session 2**

|  |
| --- |
| **Stop smoking -> have only five a day -> don’t smoke when bored** |
| **Lose weight**  **S –** don’t eat after 8 pm; cut out junk food; eat breakfast; snack healthily  Don’t eat junk food throughout the week  **M –** you don’t have anything during the week |
| **How to avoid a hangover**  **S –** drink water in between drinks  **M**- by getting a glass of water between drinks  **A**  **R**  **T** – by the end of the night |
| **Barriers and facilitators to goal attainment**  **Barriers:**   * Kids * Going to the toilet * Waiting for a glass of water * Making the most out of it   **Facilitators:**   * Emotional support * Making sure you are prepared * Bottle of water in bag * Order glass of water with alcohol * Saving money |

**Group 0301, session 3**

|  |
| --- |
| **Risky situations**   * Wedding * Break ups * Birthdays * Christenings * Death * First night out after having a baby * Exams * Graduation * Going out * New people * New Year |
| **If at a party, then…**   * Have something to eat before * Drink water before bed * Painkillers * Don’t drink spirits * Take less money |
| **Rewards:**  **Free:**   * Long lie * Make time for yourself * Going out to town by yourself * Bath with candles and bubbles * Soap night – bed to yourself * Big brother night   **Cost:**   * Shoes * Clothes * Chocolate * Take away * Going out * Girls night * Cocktails * Movies marathon |

**Group 0302, Session 1**

|  |
| --- |
| **Pros and cons of being drunk**  **Pros:**   * Confidence * Funny/more of a laugh * Good memories * Less boundaries * Drunken relations * Food * Sociable * Better singer/dancer   **Cons:**   * Stealing * Less boundaries * Hangover * Embarrassment * Facebook photos * Drunken one-night stands * Food – take aways * Injuries * Bad judgment * Hyperthermia |
| **Advantages and disadvantages of not getting drunk during a drinking occasion**  **Advantages:**   * Less hangover * Weight loss * General health * Save money * Less embarrassment * More boundaries * Less injuries * Change in friendships (drinking buddies)   **Disadvantages:**   * Peer pressure * Not as social * Fussy * Other drunker people * More boundaries * Changes in friendships (drinking buddies) |
| **Confidence:** 8  **Importance:** 3 |

**Group 0302, session 2**

|  |
| --- |
| Pre- 6.30 pm:   * Cocktail bowls * Shots * Wine * Test tubes * Spirits – vodka, gin * Beer, cider * 1 bottle of spirit * Travel bottles – maybe?   Club - 11pm   * Not a lot * If cheap will buy more * If busy will buy more * Buy more than one drink (at least 2-4) * Spirits, shots – cheaper   Casino/Flat   * What’s left over * Cider * Beer * Spirits * Shots   OR going home |
| **Goal:** Not to have test tube shots  **When:** when pre-drinking  **Where**: flat  **How**: just don’t buy them  **With**: each other |
| **Barriers and facilitators to goal attainment**  **Barriers:**   * If someone bought them * If they were on sale * If drunk * Cocktails   **Facilitators:**   * If you weren’t in home bargains |
| **Importance:** 2  **Confidence:** 10 |

**Group 0302, session 3**

|  |
| --- |
| **Risky situations:**   * Special occasions * Saturdays * Bad days * Good days * Sunny days * Work * Peer pressure * Exam stress * Celebrating end of uni/work * Holidays * Break ups * Onions * Birthdays * First class trains |
| **If:** Sunny days**, Then** have a glass of water between drinks  **If**: Special occasions, **Then** drive/glass of water between drinks/group supports  **If**: Holiday, **Then** have a mocktail, keep busy with activity  **If**: Birthday, **Then** ask people not to buy drink as a pressie/buy singles not doubles  **If**: Work, **Then** have a rant/have a bath |
| **Rewards:**  **Cost:**   * Shopping * Handbags * Glass of wine * Get nails done * Pamper * Food * Bike ride * Music * Holiday * Mags   **Non-cost:**   * Bath * Paint our nails * Pamper * Food * Gigs * Movie nights * Sex * Reading * TV |

**Group 0401, Session 1**

|  |
| --- |
| **Pros and cons of being drunk**  **Pros**   * Social * Confidence * Happy * De-stress- forget about stuff * Loss of inhibitions * Awesome dancer * Immense patter * Celebrate * Allowed to be self * No responsibilities   **Cons**   * Expensive * Sick * Spinning room * Hangovers – sore head; eating junk food; calories; not 100%; lose a day * Drinking munchies * Making a fool of self * Disappearing * Risky decisions * Safety * More at risk |
| **Advantages and disadvantages of not getting drunk during a drinking occasion**  **Advantages**   * More money * Weight loss * No hangovers * Health benefits: liver, kidney, brain * Remember more of the night * No “beer” fear * No “beer” goggles * More varied social life   **Disadvantages**   * Loss of friends * You find people more annoying * Less tolerant * Not as much fun * May not be out whole night * Less confidence * Isolated |
| **Importance:**  Now: 1, 1, 2, 5  Near future: 1, 9, 6, 9  **Confidence:**  Now: 9, 0, 0, 3 (no motivation)  Near future: 9, 10, 9, 10 |

**Group 0401, session 2**

|  |
| --- |
| **Barriers and facilitators to goal attainment**  **Barriers:**   * Mood - ↓ mood ↑drinking; extremes * Bad day at work * Social media * Friday feeling * Run out too soon   **Facilitators:**   * Working as group/social * Keeping you together |
| **\*Drink more**  **\*Drink less go out**    **V:**  7-8: Chat/socialise; varies. 25ml. cap of alcohol plus mixer – 1/3 70 cl  8-9: Garden/smoking; 15ml. spirit mixer  9-onwards – half hour -> spirit mixer  **C:**  7-8 – house; wine 1 bottle or 3 ciders – 200 ml glass  10 – Jack Daniels hipflask – 1-2 finger -> night  \*bring together  **S:**  1 bottle wine  2/3 Cava/4 cans less pint  ½ bottle gin |
| **Reduce alcohol consumption:**  S: 1. Drinking together in rounds 2. ½ bottle of spirit/1 bottle of wine  M: ½ bottle spirit (measure is a cap) / 1 bottle  A: √  R:  T:  **Confidence:** 10, 8, 8  **Importance:** 3, 9, 3 |
| **Goal:** Drink in rounds. ½ spirit or 1 bottle wine  **Where:** house party  **When:** get togethers  **How:** only bring a set amount: ½ spirit 1 bottle using cap as a measure  **With:** four of you |

**Group 0401, session 3**

|  |
| --- |
| **Goal:** Be more drink aware  **When:** house parties  **Where:** -||-  **How:** drinking in rounds; after every 3 drinks to see how feeling  **With:** group |
| **In pub:**  **Barriers:** less likely to be together: smoking, bank machine, waiting at bar, physical distance  **If in pub Then**: smoking on drink cycle: 1 smokes other at bar |
| **Rewards:**  **Self: Free:** lush baths, pamper session, film night, time to self/relax, make up  **Self: Cost:** clothes shopping, glamour shoot, comedy show, horse riding  **Group: Free:** pamper, board game night, pj night, film night, come dine with me night, swapping party, beach, picnic, baking night  **Group: Cost**: spa day, bowling, zoo, meal, weekend away |

**Group 0402, session 1**

|  |
| --- |
| **Pros and cons of being drunk**  **Pros**   * Relax * Fun * More sociable * Less inhibited * Find things funnier * To make memories   **Cons**   * Falling * Memory loss * Aggressive * Headache * Hungover * Sick * Tiredness – not a good sleep * Eat less healthy food * Emotionality – teary; giggle * Make risky decisions/actions * Less aware; less safe * Less able to look after self * Mental stability |
| **Advantages and disadvantages of not getting drunk during a drinking occasion**  **Advantages**   * Memories: remember night * Safer: putting self at less risk * Safety: sex contact-unintended sex * Handle situations better * Awareness: logical * Healthier * More money * Better sleep * Function better * Better mum – do more with children * Gain mental stability   **Disadvantages**   * Feel less included * Not see humour in things * Not being as sociable * Would see drunk people annoying * Less tolerable |
| **Importance:** 0, 0, 2, 2  **Confidence:** 10, 8 (group), 5  Already changing - children |

**Group 0402 , Session 2**

|  |
| --- |
| 2 bottles of Rose  1 bottle of shots  **IN**  2/3 bottle  1 bottle shots  **OUT**  4 blue WKD  1 cider |
| 6.30 – tea  7.30- 9.30 – 2 bottles wine  9.30-00.00 – ½ Malibu  \*change mixers from coke to fruit juice  Confidence Importance  Laura 10 10  Amanda 10 9/10  Stef 10 9/10 |
| 1. Single measures 2. Alternate drinks 2 spirits + soft/coke   **Barriers and facilitators to goal attainment**  Barriers  \*people buying drinks  \*social pressure  Facilitators  \*soft drinks  \*not to tell others |

**Group 0402, session 3**

|  |
| --- |
| **Risky situations**   * parties – free bar – money is not used as guideline * bereavement – unexpected emotion * celebrations – christenings, weddings * no children * if your partner is there |
| Situation: night with no children   * limit amount of money taken * cash only * transfer only have a set amount in account * picking the kids up early * friends group – tell each other * wait for everyone to finish drink * mocktails |
| **Rewards:**  **Cost: self**: cinema, retail, things for the house, body treatment, nails, going out for dinner, sail, snowboarding  **Cost: group**: cinema, weekend away, spa day, beauty day, dinners  **Free: self**: run, baking, x box/games, books, movies  **Free: group**: going to beach, girly night in, movies, pizza, beauty nights, come done with me night, BBQ |

**Group 0403, session 1**

|  |
| --- |
| **Pros and cons of being drunk**  **Pros**   * Confidence * Loss of anxious * Feel dance better * Meet more people * Activities ranged around shots e.g. is drinking <Place name> free drinks student bar * Socialising with casual friends * Adds to the fun. accelerates it, giggling * Dependent on who you are with: more comfortable, less drink   **Cons**   * Tired * Sick * Not able to do things next day * Not able to maintain professional image: “making a tit of self” * Lose inhibitions * Making jokes would not do * Falling over * Throw up * Emotion * Repeating * People reach in different way different group |
| **Advantages and disadvantages of not getting drunk during a drinking occasion**  **Advantages**   * Get to pay attention to others funny * Save money * Go to different places * Health benefits * Less hangovers * More with your day   **Disadvantages**   * Less included * Less things to do * Look after everyone. Become burden * Tired * Less comfortable with people you don’t know well * Dealing with drunk people * more stressed * socialising importance * effect of money – more money, more drinks   **Importance:** 1,2,3  **Confidence:** 7,9,7 |

**Group 0403, session 2**

|  |
| --- |
| G meet   * 1. – 3.00 – Coffee   6-9 – 1 bottle of wine  9-9.50; 9.50 – 10.10 – pub/bar – 2 cocktails, 1 beer, 1 shot  10.10 -10.25 – goldslagger  DAD ARRIVES  10.25 – 00.00 – 4 spirits + mixers  00.00 – 1.30 – 2/3 jaeger bombs, ½ VKs |
| G’s goal:  Reduce alcohol consumption  Not drink bottle of wine when getting ready + not drinking in the club  WHEN: night out  WHERE: house bottle wine; club  HOW: not buying bottle of drinks; drink water/orange juice instead  WITH: <name>  Importance: 8  Confidence: 8 |
| E’s goal:  No shots in pubs + clubs  WHEN: work night out  WHERE: pubs + clubs  HOW: saying no; pass shot on  WITH: work mates  Importance: 9  Confidence: 9 |
| R:  6-8 – getting ready: ½ bottle of wine or 3 vodkas ( 1 glass)  8.00-12.00 - In house/at part: ½ bottle of wine or 4-6 vodkas  12.00-12.30 - club: chill, 3 sambucas + 5 spirit/mixer  12.30- 02.00 – club: 4 sambucas |
| R’s goal:  Not to have spirit/mixers in clubs  WHEN: on a night out  WHERE: in a club  HOW: replace spirit/mixer with a soft drink or ice  WITH: Gemma/Emma/flat mates  Importance: 6  Confidence: 9 depends if there is an effect |

**Group 0403, session 3**

|  |
| --- |
| **Risky situations:**   * House parties * Own house parties – less expensive (drink more, buy more), jelly shots, no closing time * A closer workmate * People buying you drinks * Someone not seen in a while * Certain people (cousins) * Stressful situations – coursework * Festivals * Paddy’s day * Freshers * Big sporting events * Family events e.g. weddings * Situations get free alcohol * Vulnerable: new situations; break up; bereavement * Holidays: during; after |
| If I am at a house party:  If drinking games:  I will:   * Soft drink shots * Comb of alcohol and soft drinks * Faking it * Soft drinks that look like alcohol * Saying no * Drinking less after the game * Avoid drinking games |
| If I am at a house part:  I will:   * Drink from a pint glass * Bring ice * Bring a shot glass to measure alcohol * Avoid free pouring * Alternate soft drinks/water + alcohol: 2 alcohol to 1 soft or bring a bottle of water and have sips |
| **Rewards:**  **Free: Group**: beach/park make most of weather; mocktail night; window shopping; come dine with me; picnics; movie night; pamper session; baking  **Free: Self**: play station; see parents longer; mocktails + strawberries with a book  **Cost: Group**: lunch the next day; cinema + nacho’s; spa; weekend away; fun fair  **Cost: Self**: retail therapy; go to hairdresser’s; get nails done; get tattoo done; spa |

**Group 0501, Session 1**

|  |
| --- |
| **Pros and cons of being drunk**  **Pros:**   * Social aspects * Confidence * Taste * Relax * Have fun * To get out the house * Lose inhibitions * Better dancer   **Cons:**   * Money * Hangovers * Loss of control * Embarrassment * Friends making fun * People’s judgement – strangers, people you know, gender differences * Stigma * Feel old * Lose a day or two * Room spinning – dizzy * Tiring * Look/feel rubbish |
| **Advantages and disadvantages of not getting drunk during a drinking occasion**  **Advantages:**   * Health – physical, mental, emotional * More productive next day * Save money   **Disadvantages:**   * Less likely to go out * Feel isolated * Miss out on catching up with people when out |
| **Importance:** 5, 6, 7  **Confidence:** 5, 7, 7 |

**Group 0501, Session 2**

|  |
| --- |
| **SMART**  We will use double measures at home rather than just pouring  How: Use set measuring thimble  **Where:** At home – group + friends’ houses  **When:** Every time drinking together at home  **Whom:** Everyone (group + friends) |
| **Barriers and facilitators to goal attainment**  **Barriers:**   * Other friends pouring drinks * Pressure from friends * Speed * Obtaining measuring thimble * Breaking habit – remembering   **Facilitators:**   * Having the thimble * Support from the group * Explaining to other friends the goal * Motivation present to achieve goal |
| **Importance:** 6.5, 6.5, 7  **Confidence:** 6.5, 5, 5 |

**Group 0501, Session 3**

|  |
| --- |
| **High-risk situations**   * Celebrations – distracted, going with flow * Expected/assumption we will drink when get together with friends don’t see too much * Good weather – chillin’ in the back garden – BBQs * General nights out * Going on holiday |
| **If – Then**   * If out with friends on special occasions-weddings, then a soft drink in between each alcoholic drink; going to bar to order own drink; dancing * If seeing friends not seen in a while, then as above * If good weather, then mocktails * If general nights out, then alcoholic drinks with less alcohol; taking the car; soft drink in between * If going on holiday, then avoid partying areas; mocktails |
| **Rewards**  **Free:**   * Bubble bath * Early night * Afternoon nap * Reading a book * Pamper night * Walk * Jump on trampoline   **Cost money:**   * Movie night – popcorn etc. * Mocktail night * Cinema * Out for a meal * Pizza in * Going shopping – make-up, clothes * Spa treatment * Ice-skating * Bowling |

**Group 0502, session 1**

|  |
| --- |
| **Pros and cons of being drunk**  **Pros:**   * Social aspects * Becoming more sociable – confidence * Relieves stress * Giddy/carefree * No responsibility – good excuse – “it was the alcohol” * Taste * Bonding   **Cons:**   * Lose control * Losing the next day – tired/hungover * Money * Daft-embarrassing moments * Less cautious – last of safety * Arguments with friends * Overly emotional * Affects memory * Losing inhibitions/too sociable * Health – physical * Psychological/ emotional implications * Addictive * Affects professional standing |
| **Advantages and disadvantages of not getting drunk during a drinking occasion**  **Advantages:**   * Health benefits * Not losing a day * Save money * Not becoming dependant on alcohol * Not doing anything silly - ↓embarrassing photos on Facebook * Retaining filter for thoughts * Providing a better role model   **Disadvantages:**   * Reduces social activities * Less tolerant of alcohol levels therefore less able to gauge limit |
| **Importance:** 1, 5, 3  **Confidence:** 8, 6, 4 |

**Group 0502, session 2**

|  |
| --- |
| **Goal:** One Saturday of the month alcohol free catch-up  **How:** make a designated night: last Saturday of the month: drink mocktails as alternative  **Where:** At Leigh-Ann’s house  **When**: Last Saturday of the month  **Who:** All 3 of group |
| **Barriers and facilitators to goal attainment**  **Barriers:**   * Peer pressure * In the mood for drinking * Stress * Special occasions   **Facilitators:**   * Appropriate alternative ie. Mocktails * Plan it in advance * Not having any alcohol around * Support from partners * Mindful of parental responsibilities – good role model |
| **Importance:** 10, 10, 7  **Confidence:** 8, 8, 8 |

**Group 0502, session 3**

|  |
| --- |
| **High-risk**   * Boredom * Nights out – pubs etc. * Other people drinking * Being with particular – shots! * BBQs – cider * Out for a meal |
| **If-then**   * If bored, then have a bath * If on a night out, then listening to yourself when you’ve hit limit * If other people drinking, then appear to be drinking: always have a drink in front of you * If at BBQs – summer, then limit cool drinks (fridge); having something to eat. * If out for a meal, then a glass of water after every couple of glasses of wine |
| **Rewards:**  **Don’t cost:**   * Have a bath * Bed early to read * Cooking * Meals at friends’ houses * Movie night * Pamper night * Games nights – board games * Spend time with friends * Spend time just yourself   **Cost:**   * Massage * Cooking/baking * New outfit * Make-up * Meet friends for coffee |

**Group 0503, session 1**

|  |
| --- |
| **Pros and cons of being drunk**  **Pros:**   * Social event – getting ready etc. * Relaxing * Confidence * More fun/silly * Lose inhibitions * Shoes don’t hurt when drunk * Meet new people * Ego boost – dress/heels * Look forward to it in the end of the week – reward * Greasy food – guilt free   **Cons:**   * Injuries, bruises * Can’t control emotions – heightened hormones * Money * Hangover * Arguments/fights * Unwanted attention * Excuse for creepy behaviour * Embarrassing moments * Vomiting * Regret sexual misadventures * Lose inhibitions – judgement * Lose the next day – waste time/groggy * Relationship/friendship strain * Greasy food – guilt * Safety-spike drinks * Smoke more * Lose property – bank card etc. |
| **Advantages and disadvantages of not getting drunk during a drinking occasion**  **Advantages:**   * Save money * Alternative social activities * Smoke less * Less emotional episodes * Less weight gain * Less injuries * Less creepy attention * Family worry less * Less bad decisions – impulse buying on ebay * Less greasy food * Less fall outs * More stuff done * Health benefits   **Disadvantages:**   * No excuse to buy new dress, lipstick etc. * Feel like missing out on fun nights * Regret not going out * Less of stress release * Wouldn’t see friends as much * Not as many funny stories * Nothing else to do evenings * Tension release with friends * Miss dancing |
| **Confidence:** 10, 10, 5, 6  **Importance:** 5, 0, 6.5, 4 |

**Group 0503, session 2**

|  |
| --- |
| **Goal:** No shots when in a club  **When:** Every club night out  **Where**: In clubs  **How:** Don’t drink it! Tell friends of goal  **With:** All 5 of the group |
| **Barriers and facilitators to goal attainment**  **Barriers:**   * Friends buying you shots * Big queue at the bar * Buying a shot with a normal drink * Quicker to drink shots before dance floor * Money – shots are cheaper * £1 easier to pay for * Peer pressure * Miss the buzz   **Facilitators:**   * Team work – supporting each other * Money – buy take away instead * Mocktails instead * More relaxed – talk more * Selective choosing when to go out – not just after SAAS |
| **Confidence:** 5, 10, 7, 10, 1, 10  **Importance:** 5, 0, 10, 5, 5, 5 |

**Group 0503, session 3**

|  |
| --- |
| **High-risk situations**   * Break ups * Everyone going out getting drunk * Failed grade or a good grade * Pay day * Parties – going away party * Concerts/gigs * Grievances, grieving * Holidays * Relationship issues * Long shift * Work * Atmosphere based on alcohol – bars/clubs * Dancing |
| **Coping strategies:**   * If break up/fight with bf, then: * Retail therapy; ben & jerry’s; buy food * Movie night with friends * Go for a walk – River side * Failed grade/good grade, then: * go out for a nice meal to celebrate   Phone mum/supportive person   * Payday * Shopping * Savings * Fund for expensive treat * Work, then: * Sleep after * Video games * Picture of boss – dart board * Alcohol atmosphere * Lower % alcoholic drinks ie. Cider or soft drinks * Crisps instead * Pub quizzes, pool, darts |
| **Rewards:**  **Cost money:**   * Dinner with the girls * Take away with girls * Buy clothes * Buy make-up * Date night * Cinema * City trips – Edinburgh * Going home * Dying hair * Cigarettes   **Don’t cost:**   * Bake cakes * Do nails * Do hair * Watch cheesy films * Arts + crafts * Video games – play * Knitting * Get boyfriends to treat us * Sunny – park, beach * People- watching * Walking the dog |

**Group 0504, session 1**

|  |
| --- |
| **Pros and cons of being drunk**  **Pros:**   * Relaxing * Stress relief * Going crazy dancing * Meeting friends * Meeting new people * Fun! – like a high * Carefree – lose inhibitions * Confidence * Feel more open in conversations * Greasy food   **Cons:**   * Share too much * Meeting dodgy people * Vulnerable * Hangover * Nausea/vomiting * Greasy food * Guilt next day * Money * Emotional * High sugar/calories * Tired/lethargic * Health implications * Unproductive next day |
| **Advantages and disadvantages of not getting drunk during a drinking occasion**  **Advantages:**   * Remembering everything from night before more clearly * Spending less money * ↓hangover – feel good next day * More control over decisions * Less reckless * More conversation * ↓embarrassed * Better long term health * Observing drunken friends * ↓guilt * ↑productive * Less likely to physically hurt self   **Disadvantages:**   * Having to look after drunk friends * Difficult to find line/peak when drinking. Hard to judge line * Feel less involved * Feel self-conscious of not drinking as much – feel boring |
| **Importance:** 8, 5, 4  **Confidence:** 5, 6, 6 |

**Group 0504, session 2**

|  |
| --- |
| **Goal:**   1. Decant some of your pre-drinking into another bottle and save it for another night 2. Only spend £15-£20 per night out   **When:** Every night out  **Where:** In the flat + in clubs  **How:** Buy container for alcohol + leave bank card at home  **With:** C, A and C |
| **Barriers and facilitators to goal attainment**  **Barriers:**   * People around you not taking part in goal – temptation * Special occasions – birthdays etc. * Stress * Feeling upset   **Facilitators:**   * Doing goal together will help you achieve it * Not telling others the goal * Mindful of plans next day |
| **Confidence:** 4, 6, 7.5  **Importance:** 5, 5, 7 |

**Group 0504, session 3**

|  |
| --- |
| **High-risk situations**   * Celebrating * Stress from work (job + uni) * One off occasions (weddings, funerals etc.) * Holidays * Nights out in other cities * Arguments: parents, boyfriends etc. * Disappointment, upset * Bumping into exes * Rounds * Other people drinking lots * Payday |
| **If – then:**   * If celebrating, then we’ll keep in mind we want to remember the night; only take £20 out, leave bank card at home * If stress (uni + work), then talk to flatmates about stress; give yourself time to de-stress before a night out (tv, film etc.) * If nights out in other cities, then budget ahead (money for taxi, meals etc.); drinks that are slower to drink (e.g. beer) * If disappointment/feeling down, then crazy dancing in room (like in Girls); listen to “cheer up” playlist; google motivational quotes; create list of own nice quotes (put in jar); ask <name> for a nice quote * Order a glass of water when drinking lots |
| **Rewards:**  **Cost money:**   * Holiday * Get nails done * Hair cut * Clothes shopping * M + S dine for £10 meals * Restaurant * Takeaway * Chocolate   \*\*\* any money saved on a night, save in a box that isn’t accessible (padlock) – have money for rewards  **Don’t cost**   * A night to yourself – exfoliating, paint nails * Box set marathon * Beach, parks * Go for a nice walk * Art galleries * Lidl chocolate * Experiment with new recipes * Art work that we want to do e.g. drawings, decoupage, zen drawing * Sit in a café with a book * Go to a book shop e.g. Waterstones * Learn new songs on guitar |

**Group 0505, Session 1**

|  |
| --- |
| **Pros and cons of being drunk**  **Pros:**   * Confidence * Carefree * Lose inhibitions * Social aspect * Meeting new people * Dressing up * High heels * Stress relief   **Cons:**   * Embarrassing * Stupid decisions * Money * Hangovers * Gossip from work mates * Drama/fallouts * High heels * Accidents * Not thinking of the consequences * Unproductive * Messes up diet e.g. greasy food * Sore head * Dehydrated |
| **Advantages and disadvantages of not getting drunk during a drinking occasion**  **Advantages:**   * Save money * More time to do things * Less of a “TIT” * Good looks last till the end of the night * No drunken texts * Less likely to damage clothes * Less likely to have accidents   **Disadvantages:**   * Not as many stories to tell/create * Missing out (left out) – pros of drinking * Difficult – less control, peer pressure, buying drinks |
| **Importance:** 4, 5, 5, 4  **Confidence:** 9, 6, 6, 5 |

**Group 0505, session 3**

|  |
| --- |
| **Goal:** only take £10 out to club – <Place name> only  **When**: Every night out exc. Occasions  **Where**: <Place name>  **How:** don’t take bank card out. £10 in purse for going out  **With:** this group of friends |
| **Barriers and facilitators to goal attainment**  **Barriers:**   * Take card out * Not getting drunk enough from pre-drinks * Other people buying drinks * Rounds * Birthdays * When pre-drinks isn’t possible * High entry fee * Becca   **Facilitators:**   * Friends striving to goal too * Budget when get paid – plan money for month * Mindful if you stick to it you’ll have a good night * Mindful you’ll have more frequent nights out if save money * Decanting some of bottle into another bottle – limit volume |
| **Importance:** 7, 8, 8  **Confidence:** 5.5, 6, 7.5 |

**Group 0505, session 3**

|  |
| --- |
| **High-risk situations**   * Stress – talk to someone about why stressed before night out * Happy – watch film; road trip * Exams – gym/swimming * Someone’s annoyed me * Having fun/feeling low – tell myself I’m already fun; tell self - wastes money; buy non-alcoholic drinks * Not getting to sleep * A friend feeling down – don’t give in to pressure * Celebrating – some non-alcoholic drinks (pace yourself); tell self no rush to drink – aim should be to celebrate, not get drunk * Disappointment – talk to someone, make yourself feel better e.g. fav film, treat yourself; analyse why disappointed * 1st class train – free wine * Free alcohol * Pub i.e. football |
| **Rewards:**  **Cost:**   * New clothes * Going out for dinner * New make-up * Magazines * Food treats e.g. biscuits, mozzarella sticks, flips * Cinema * Sun beds * Road trio * Holiday   **Don’t cost:**   * Movie night * Relaxation night * Pamper night * Make a meal together * Go for a walk |

**Group 0506, Session 1**

|  |
| --- |
| **Pros and cons of being drunk**  **Pros:**   * Open up more * Confidence * Make more friends * Fun * Socialising * Funny memories   **Cons:**   * ↑peeing * Embarrassing moments * Money * Judgement (poor) * Poor decision making * Too much opening up * Safety risks – taken advantage of * Hangover * Unproductive next day * Health negatives * Put on weight – kebabs etc. * Falls, bruises * Drunken texts |
| **Advantages and disadvantages of not getting drunk during a drinking occasion**  **Advantages:**   * More money * Remember memories more * No hangovers * Feel healthier   **Disadvantages:**   * Left out of group who are drunk * Feel responsible for drunk friends; look after them * If too sober, wouldn’t feel relaxed enough to meet new people |
| **Importance:** 0, 0, 0  **Confidence:** 8, 8, 10 |

**Group 0506, session 2**

|  |
| --- |
| **Goal:** Use 2 digits (fingers) to measure out vodka/spirits  **When:** if drinking more than once in the week, apply goal to second drinking night; If I’ve got something on the next day  **Where:** pre-drinking in the flat  **How:** as above  **With:** whoever |
| **Importance:** 3, 3  **Confidence:** 8, 5 |
| **Barriers and facilitators to goal attainment**  **Barriers:**   * Peer pressure * Not being with other members of the group * Someone else pouring drinks * Drinking other types of alcohol * Harder to stick to when drunk – mark on glass the measure unit; support from group; remind yourself at start of night   **Facilitators:**   * Support from group * Other friends supporting * Not getting drunk * Don’t need any equipment etc. |
| **Group 0506, session 3** |
| **High-risk situations**   * Work * Parties – eat big meal beforehand; slow down drinking; stick to one drink * Family events – don’t compete with family; it’s ok to refuse drink; water in between drinks * Stress * Happy failing tests * Festivals – stay away from fish bowls; have alcohol-free days; limit spending money/night * Holidays * Last-minute plans – go for a meal + have a couple of drinks; buy less alcohol to take to party; don’t steal other people’s drink |
| **Rewards:**  **Cost money:**   * New clothes, band t-shirts * New make-up * Dye hair * Gigs * Cinema * Food treats * Go on holiday * Buy a new book   \*\*\* Use money saved from drinking less on this list  **Don’t cost money:**   * A long lie * Move night * A walk to Law Hill * Time to yourself listening to music * Netflix – boxsets * reading |

**Group 0507, session 1**

|  |
| --- |
| **Pros and cons of being drunk**  **Pros:**   * Relaxing * More outgoing/confident * Less self-conscious * Taste * Socialising * Giggle/laugh together * De-stressing * A treat * < inhibitions * >flirty/charming   **Cons:**   * Headache next day * Ill-thought out decisions while drunk * <inhibitions * >flirty * Too honest * Let mouth run away with you - <diplomacy/tact * More emotional when drunk * Hangovers * Vomiting * Room spinning * Plans for next day ruined * Calories from alcohol * Calories from hangover food * Calories from greasy food on night out * More emotional next day * Poor quality sleep – tired next day * Expensive |
| **Advantages and disadvantages of not getting drunk during a drinking occasion**  **Advantages:**   * <hangovers * Lose weight * More money * Less impact on health * More productive * Smoke less   **Disadvantages:**   * Wouldn’t enjoy weekend social functions as much * Wouldn’t feel as comfortable around new people * Annoying being around drunk people * Feel like missing out – less involved * Things aren’t as funny * Going home early – keeps you awake when drunk * Eat more |
| **Confidence:** 7.5, 7.5, 6, 6 **Importance:** 3, 3.5, 4, 3 |

**Group 0507, session 2**

|  |
| --- |
| **Goal:** To girls’ night bring 2 bottles of wine (rather than 3) and bring 1 alcohol-free alternative  **When**: 2 out of 4 girls’ nights  **Where**: alternate flats  **How:** organise who brings what before the night  **With**: the awesome crew |
| **Barriers and facilitators to goal attainment**  **Barriers:**   * Bad day * Stress * Someone not being fully committed * Other bottles in the house – temptation * Being drunk * False confidence * Sunny day – beer garden   **Facilitators:**   * Group support * Limiting what we’re taking to girls’ night – willpower * Remembering how much better you’ll feel the next morning * Remember you’ll still have fun |
| **Importance:** 5, 5, 5, 6.5  **Confidence:** 6.5, 7, 6, 6 |

**Group 0507, session 3**

|  |
| --- |
| **High-risk**   * Festivals – pre-make, pre-mix bottles (so you’re not mixing when drunk); measure alcohol amount rather than free-pour * Parties – drink own drinks, not communal drinks; alternate with water/juice etc.; make sure eat before * Temptation – alcohol around – don’t buy extra – it’s not around; have goal in mind, encourage/support each other * Birthdays * Bad days * Stress – alternative arranged early – bath/book; treat, something appealing – take away, new top etc, * Celebrations – go for a run * Good news – remind yourself alcohol won’t help with stress * Bad news – rant, talk about it; meditations * Rainy days – sex * Sunny days – achieving something else; baking * Partner wanting to drink - put up barriers to drinking e.g. car; suggest something else to do * Winter – mulled wine – only take small amount of money * Who I’m with – enablers – saying “no”’ plan ahead – anticipate and communicate you’d rather not drink |
| **Rewards:**  **Cost:**   * Use calories and money on something else – chocolate, cake * Restaurant * Day out * Massage * Hair cut * Manicure * Shopping * Cinema   **Don’t cost**   * Bath * Favourite programme * Frozen DVD * Give yourself a day off * Day away e.g. hike, drive * Do toe nails |