**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**

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| **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
 |

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| **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**

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| **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 night10pm (vodka +juice before)Pre-drink (approx. 2.5) – G+T, vodka + fruity diluting juice12pm (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, drinksMono club – any mix. Go to bar as a group – some stay some goMeeting point – shot + drink (prop) togetherNo drinks on dance floor.Need for cool down, also go outsideQueue bigRounds  |
| **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 ShotsS – No shots in the Union, anywhere Liar, Mono, AirM – count themA – R – GT – **When**: Fridays and Saturdays**Where**: The Union**How**: Group encouragement**With**: each other**Confident**: 8/9**Important**: 7  |

**Group 0201, Session 3**

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| * 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 clubWhen: Any nightWhere: anywhere/nightclubsHow: being aware of predrinks – how long there for/plan moreWith: 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**

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| **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**

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| Pre-drinks – usually ready8-9 pm. – spirits (3/4 drinks), champagne, wine. Home measures/free pouring. Usually finish bottles9-10pm. – 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**

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| * 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**

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| **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**

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| 5/6 – have dinner, rose spritzers6/7 – getting ready – wine – bottle between 2 (rose); coke/irn bru7-9 – vodka red bull9-11/11.30 – 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 shot11.30/12 – 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**

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| **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
 |

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| **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**

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| Special occasionsHead to a venue – drink more, don’t dance, nightclub not really drink, bar/queuingMeasure what you’re drinkingNights in:2 glass wine2/3 big WKD Bulmer 3 bottlesNights out:5/6Don’t know2-3 fish bowls10-12 bot WKD smaller/2/3 archers lemonBottle vodka, house party (70cl almost) – 2/3 vodka |

**Group 0204, Session 3**

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| **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**

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| **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
 |

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| **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**

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| 8pm:All ready go for predrinking to DawnsVodka lemonade/coke3/4/5/6 – tall glass. 4 fingers of vodka10.30pm:Bus/taxi to UnionWhat’s left, travel bottle 500mlGet to the Union2 x drinks and mixer1 or 2 shots – bombs skittle/jaeger20 drinks each + drink bought 43x3 slushies250ml spirits – 125ml Morgan’s, 125ml vodka, ½ vodka between 2After party at Casino |
| **Goal** – drink a little lessS – when in the Union just buy 3 drinksM – rather than 4A – R – YesT – 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**

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| **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**

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| **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
 |

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| **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**

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| The night7-10pm Pre pres:getting ready, just the girlsWine 1-2 (not the smallest bottle) ½ bottleBeer/cider 1 maybe 2 can/bottle 1-3Vodka + limeaid, try to have 3 (trying to match pub measures)10-12pm Pres:Bigger group of people (new venue) Wine finish the bottleFinish total of 4 beers/cider7-8 drinks – measures similar4% tropical juice (carribean twist 70cl)12.30/1pm, Venue of the dance floor ‘da club’:<Place name>2-3 shots of bombsSkittlebombs 7/8Sambucca1 vodka mixerArrive – 3 bombs<Place name>0-11-2Never shotsVodka mixersMaybe alcopopsSocialising – drinks as a propDepends on money |
| **Goal:** Less hungover – more productive next dayManage money betterIn the clubS – setting a price limit (£5/10)M - £5 memberA – ConfidenceR – “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 barEnjoy the drink (taste) |

**Group 0206, Session 3**

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| * 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**

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| **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**

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| To get a jobSpecific – Handed out CV’s. Every Thursday after schoolMeasureable – Handed out 10 CVs, 2 hours Getting call backs/rejections/offers/online applicationsAttainable – 2 hours, 10 CVs Job offerRealistic – 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 vodka9pm – 2 x 3 finger vodka/irn bruTaxi/lift to pick up <name>l10pm –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 drinks2am – 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**

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| 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**

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| **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**

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| 8:30 – 9 ish – prinks (pre-drinks) At a house – WKD 1-2 bigger bottles; wine – 1 bottle11.30 – taxi to Union (no taxi drinks)To liar – cocktails, vodka based (small pint glass) 2/3rdMono – bombs – 2-512.30 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**

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| 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**

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| --- |
| **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 familyBetter sleep/feel better next morningMassage each otherPamper night**Rewards that cost money:**ShoppingGo for foodRoad tripBuy cookiesHaircut/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: 6Health: 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 healthilyDon’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, 5Near 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 cl8-9: Garden/smoking; 15ml. spirit mixer9-onwards – half hour -> spirit mixer**C:**7-8 – house; wine 1 bottle or 3 ciders – 200 ml glass10 – Jack Daniels hipflask – 1-2 finger -> night\*bring together**S:**1 bottle wine2/3 Cava/4 cans less pint½ bottle gin |
| **Reduce alcohol consumption:**S: 1. Drinking together in rounds 2. ½ bottle of spirit/1 bottle of wineM: ½ bottle spirit (measure is a cap) / 1 bottleA: √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), 5Already changing - children |

**Group 0402 , Session 2**

|  |
| --- |
| 2 bottles of Rose1 bottle of shots**IN** 2/3 bottle1 bottle shots**OUT**4 blue WKD1 cider |
| 6.30 – tea7.30- 9.30 – 2 bottles wine9.30-00.00 – ½ Malibu \*change mixers from coke to fruit juiceConfidence ImportanceLaura 10 10Amanda 10 9/10Stef 10 9/10 |
| 1. Single measures
2. Alternate drinks 2 spirits + soft/coke

**Barriers and facilitators to goal attainment**Barriers\*people buying drinks\*social pressureFacilitators\*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 wine9-9.50; 9.50 – 10.10 – pub/bar – 2 cocktails, 1 beer, 1 shot10.10 -10.25 – goldslagger DAD ARRIVES10.25 – 00.00 – 4 spirits + mixers00.00 – 1.30 – 2/3 jaeger bombs, ½ VKs |
| G’s goal:Reduce alcohol consumptionNot drink bottle of wine when getting ready + not drinking in the clubWHEN: night outWHERE: house bottle wine; club HOW: not buying bottle of drinks; drink water/orange juice insteadWITH: <name>Importance: 8Confidence: 8 |
| E’s goal:No shots in pubs + clubsWHEN: work night outWHERE: pubs + clubsHOW: saying no; pass shot onWITH: work matesImportance: 9Confidence: 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 vodkas12.00-12.30 - club: chill, 3 sambucas + 5 spirit/mixer12.30- 02.00 – club: 4 sambucas |
| R’s goal:Not to have spirit/mixers in clubsWHEN: on a night outWHERE: in a clubHOW: replace spirit/mixer with a soft drink or iceWITH: Gemma/Emma/flat matesImportance: 6Confidence: 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 pouringHow: 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
 |