

Addiction Healthcare Goals

Priority Setting Partnership Shortlisting survey

What is this survey for?

In a survey in 2024, we asked people to tell us what they thought were important questions about addiction. We asked people with experience of addiction, their friends, families, carers and health and care professionals. We did this so that we can find out what the Top 10 priorities for future research about addiction to drugs and/or alcohol are.

Based on what people told us, we have created a list of 65 questions. Thank you to everyone who sent comments and questions. We have taken all of them into account.

In this survey, we would like you to choose the 10 questions from the list which are most important in your experience.

After the survey has closed, the results will tell us which the most important questions are to take to a workshop. At the workshop, people with experience of addiction, families, carers, friends and healthcare professionals will discuss those questions and put them in a final order of priority. We will then be able to tell researchers and research funders which are the most important questions so that they can help answer them.

You can read more about the project by [visiting our website](#).

Who should take part in this survey?

This survey is for the following people living in the UK. Please tick as many boxes as apply to you. This will help us check that we are hearing from a wide range of people.

- Anyone aged 16 or over who has experience of addiction to drugs and/or alcohol
- Family, friends or carers (aged 16 or over) of anyone who has lived experience of addiction to drugs and/or alcohol
- Health and social care professionals who work with individuals experiencing addiction to drugs and/or alcohol

What are we asking you to do?

This survey has two sections.

First section:

In the first section we are asking you to read the list of questions below and choose **up to 10** questions that you think are important for researchers to answer, based on your own experience.

(You do not have to choose 10 questions; you can choose less than 10 if you like)

Second section:

The second part of the survey has tick boxes where we ask for some information about you. These are optional, but if you fill them in, it will help us understand the types of people who are completing the survey.

If you need help filling in this survey, it's fine to talk to someone about it and ask them to help you.

Please ask other people to complete this survey too. We want to make researchers aware of the issues that matter to lots of people.

The questions appear under broad themes. Based on your own experiences, please choose up to 10 questions from the list below that you think are most important. Your 10 can be from across any of the themes.

Please complete and return your survey by Sunday 23rd February 2025 using the freepost address at the bottom of the survey.

SUPPORT	
	What are the best ways to support families and friends affected by people with addiction to drugs and/or alcohol?
	How can families and friends best support a person through all stages of addiction to drugs and/or alcohol? What information and support would help them in this role?
	What are the best ways to support people at all stages of addiction to drugs and/or alcohol e.g. with work, relationships and community life?
	What are the best ways to support children affected by people with addiction to drugs and/or alcohol?
	What are the best approaches to psychosocial support (that help people with their emotional, social and spiritual needs) for people with addiction to drugs and/or alcohol?

	What are the best approaches to providing housing for homeless people with addiction to drugs and/or alcohol?
HEALTH ECONOMICS	
	Does treatment of addiction to drugs and/or alcohol reduce the costs to society (e.g. of health and social care)?
LIFE COURSE OF ADDICTION	
	What is the impact on the child of addiction to drugs and/or alcohol during pregnancy?
	What are the long-term physical and mental health effects of addiction to drugs and/or alcohol? How are these best treated?
	What are the best ways to encourage people with addiction to drugs and/or alcohol to get help from addiction services?
	What are the best ways to support people with addiction to drugs and/or alcohol to stay in treatment?
	Why do some people relapse after many years of not taking drugs or drinking alcohol? Is this linked to trauma experienced while addicted?
	How do people from different cultures and backgrounds experience addiction to drugs and/or alcohol?
TREATMENT	
	What are the best approaches to harm reduction for people with addiction to drugs and/or alcohol (e.g. providing safe community spaces to inject)?
	What are the best ways to treat people with addiction to drugs and/or alcohol and a mental health problem?
	Are psychedelic drugs an effective treatment for people with addiction to drugs and/or alcohol?
	What are the best ways to prevent a relapse during recovery for addiction to drugs and/or alcohol?
	What are the best ways to support people with addictions to drugs and/or alcohol through detox?
	What are the best ways to assess and treat “chemsex” addiction (taking drugs to enhance sexual activity)?
	How can treatment for addiction to drugs and/or alcohol be tailored to the needs of each individual, for example reflecting their cultural background?
	What are the best ways to assess and treat alcohol related brain damage?
	What are the best ways to provide residential rehabilitation to people with addiction to drugs and/or alcohol? What are the long-term benefits?

	What are the best ways to treat and support people who are neurodivergent (e.g. with attention deficit disorder) with addiction to drugs and/or alcohol?
	What are the best ways to treat and support young adults (aged 18-25) with addiction to drugs and/or alcohol?
	How effective are mutual aid organisations (e.g. Alcoholics Anonymous) in the treatment of addiction to drugs and/or alcohol?
	What are the best approaches to reducing drug related deaths?
	How can digital technology improve treatment for addiction to drugs and/or alcohol (e.g. wearable monitoring devices)?
	Do alternative therapies (e.g. acupuncture, meditation) help people with addiction to drugs and/or alcohol?
	How does treatment and support for addiction to drugs need be tailored to the specific drug (e.g. cocaine, benzodiazepine)?
	What are the best ways to treat people who are addicted to more than one type of drug and/or alcohol?
	What are the best ways to treat and support people with liver disease and addiction to drugs and/or alcohol?
	What are the best ways to treat trauma alongside treatment for addiction to drugs and/or alcohol?
	What are the best psychological therapies for people with addiction to drugs and/or alcohol?
	What is the impact of no/low alcohol products on people with addiction to alcohol?
	What are the ways that ketamine might work as a treatment of addiction?
CAUSES	
	Is addiction to alcohol and/or drugs genetic/inherited?
	What is the link between neurodiversity (e.g. attention deficit disorder) and addiction to drugs and/or alcohol?
	What cultural factors (e.g. a culture of drinking alcohol) affect the risk of addiction to drugs and/or alcohol?
	Are there groups of people who are at greater risk of addiction to drugs and/or alcohol due to their age, gender, ethnic background or disability?
	Is there a link between trauma, as a child or adult, and addiction to drugs and/or alcohol?
	Are there factors which protect people from becoming addicted to drugs and/or alcohol, even if they are at high risk?

	Are there life events linked to becoming addicted to drugs and/or alcohol (e.g. divorce)?
	What is the link between mental health problems and addiction to drugs and/or alcohol?
	What makes people become addicted to one substance rather than another?
	What societal factors (e.g. loneliness, living in poverty) affect the risk of addiction to drugs and/or alcohol?
DIAGNOSIS	
	Does recognising and managing neurodiverse conditions (e.g. attention deficit disorder) improve outcomes for people who also have an addiction to drugs and/or alcohol?
	What are the best ways to assess whether a person with addiction is ready for recovery?
	How can people with addiction to drugs and/or alcohol be identified earlier? Can early treatment reduce the risk of worse outcomes?
	What helps people to recognise for themselves that they have an addiction to drugs and/or alcohol?
PSYCHOLOGICAL & SOCIAL	
	What are the best ways to improve the mental and physical health and well-being of families and friends affected by people addicted to drugs/or alcohol?
	What factors help some people to recover from addiction to drugs and/or alcohol and why do others find it more difficult?
	How do people's understanding of 'addiction' and 'recovery' affect their response to treatment?
	How does stigma affect people with addiction to drugs and/or alcohol?
TREATMENT AND SUPPORT SERVICES	
	How effective are local community groups and services in supporting people with addiction to drugs and/or alcohol?
	How effective are GP practices in treating people with addiction to drugs and/or alcohol?
	How can prisons, probation services and detention centres work better with health services to improve outcomes for people with addiction to drugs and/or alcohol?
	Which approaches to treatment for addiction to drugs and/or alcohol work best for women? How can addiction services better meet the needs of women?
	How can addiction services improve access and treatment for people from different communities (e.g. ethnic minorities, rural communities etc)?
	What are the best ways to provide holistic care to people with addiction to drugs and/or alcohol, so that all their physical, social and psychological needs are met?

	How can addiction services and mental health services work better together to improve outcomes for people who have a mental health condition and addiction to drugs and/or alcohol?
	How can emergency care be improved for people with addiction to drugs and/or alcohol?
	What long-term care do people need after treatment for addiction to drugs and/or alcohol to help them stay in recovery?
	How can stigma and discrimination against people with addiction to drugs and/or alcohol be addressed within health services to improve care?
	How can addiction services better meet the needs of children and young people with addiction to drugs and/or alcohol?
	How effective are peer support services in treating people with addiction to drugs and/or alcohol?

If you have individual questions or concerns about Addictions, there are a number of voluntary organisations and charities that may be able to provide support, and you may find it helpful to contact one of the organisations listed here:

Getting Help for Drug addiction: [NHS Drug addiction support](#)

Find drug and alcohol support near you: [FRANK](#)

Support for recreational drug and alcohol problems: [Mind](#)

List of organisations who offer support for recreational drug and alcohol: [Mind useful contacts](#)

Alcohol change UK: [Alcohol support](#)

Support for friends, family and professionals: [Adfam](#)

Support for everyone affected by their parent's drinking: [Nacoa](#)

UK-wide webchat service for individuals and families: [We Are With You](#)

Support for families of people experiencing drug and alcohol addiction: [Scottish Families](#)

Support for people affected or bereaved by a loved one's addiction: [Addiction Family Support](#)

Support community: [Soberistas](#)

Please tell us about yourself

These questions are optional, but it would help us to know a little about you so that we can see the types of people we are reaching with this survey.

Which best describes your gender? (please tick one box) (optional question)

- Male
- Female
- Non-binary
- Gender not listed here
- I prefer not to say

How old are you? (please tick one box) (optional question)

- 16-24
- 25-34
- 35-44
- 45-54
- 55-64
- 65-74
- 75-84
- 85+
- Prefer not to say

What geographical area do you live in? (please tick one box) (optional question)

- London
- North-East England
- North-West England
- Yorkshire
- East Midlands
- West Midlands
- South-East of England

- East of England
- South-West England
- Wales
- Central Scotland
- North Scotland
- Scottish Highlands
- South Scotland
- Northern Island

Which best describes your ethnic group? (please tick one box) (optional question)

- Asian
- Black
- Mixed ethnic group
- White
- Ethnic group not listed here
- Prefer not to say

How we will keep your information safe

No individual will be identified when we publish the results of this - your answers are anonymous.

Any personal information that you give us (for example your gender or ethnic group, although you don't have to tell us that if you don't want to) is held and used in compliance with data protection regulations. Any personal information that you give us will only be used in relation to this project.

Please print and send your survey to:

FREEPOST RTHT-TBHY-ZJJR

University of Southampton

James Lind Alliance

NETSCC (IPC C1)

Alpha House

Highfield Southampton SO17 1YN

Please help as many people as possible to have a say in the future of health research around addiction by sharing this survey with anyone who might be interested. Thank you for helping.

Email: jla@southampton.ac.uk

Telephone: 023 80 595489

Website: <https://www.jla.nihr.ac.uk/priority-setting-partnerships/addiction-healthcare-goals>

This project is grateful to the organisations named here.

