

Research about addictions

About this survey



Research

Research means **finding out** about something. Research can be done in lots of ways. For example:



- reading books and academic papers
- interviewing people
- meetings and workshops



Research questions

Research starts with a question.

Then we look for the answer to the question.



This survey is asking for your ideas for research questions about **addiction**.

About this survey



Addiction

Addiction means having a strong need to drink alcohol or take drugs. There are other types of addiction too.



We want to find out about addictions that people might get help with:

- legal drugs
- illegal drugs
- alcohol



We are **not** going to be looking at:

- smoking
- · gambling or gaming
- preventing addiction

About this survey



We want to hear from:

 people who are addicted to drugs or alcohol, or have been in the past



- family or friends of people who have experienced addiction
- people whose job includes helping people with addiction

We want to find out



- what research needs to be done
- which questions we should ask when we do research



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



Or fill in the online version:

https://www.surveymonkey.com/r/H

VLKRFG





Please complete and return your survey by Tuesday 8th October 2024



1. Your questions

Tell us about the questions you think our researchers should be asking.



Write as much or as little as you like. You can ask someone to help you.



Your ideas for research questions could include:



recovery from addiction

treatment and support for addiction

 how addiction makes people feel: mental health My first question is:

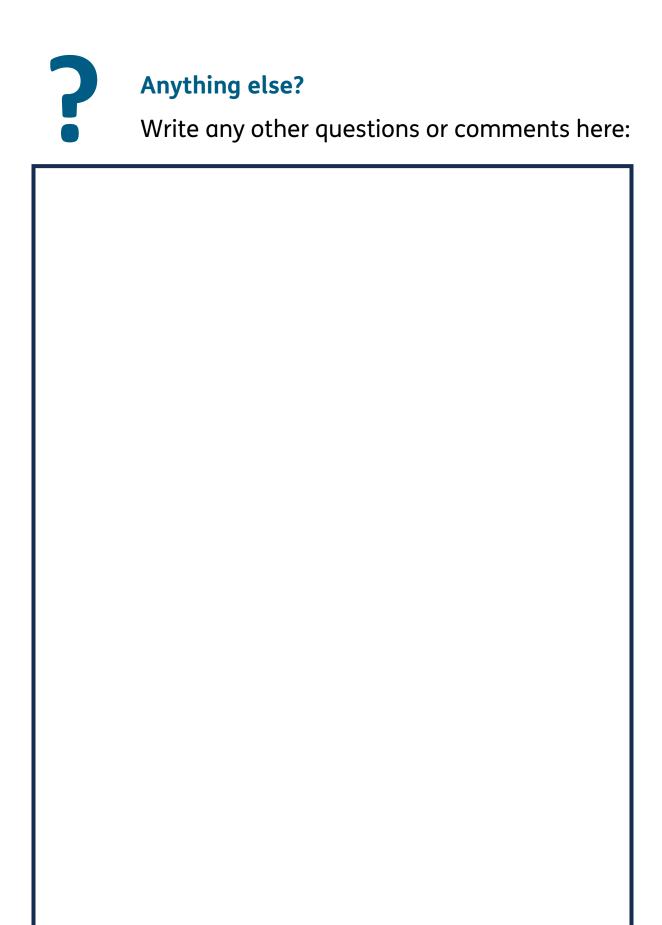
1

My second question is:

2

My third question is:

3



2. About you

You do not have to answer these questions



Tick t	he box that	describes you:			
	I am, or have been, addicted to drugs or alcohol				
	I know someone with experience of addiction				
	I help people with addiction as part of my job				
Are yo	ou:				
	male				
	female		M	F	
	non-binary	,			
	gender not	listed	36 86		
How o	old are you?				

Which area do you live in?

For example: Scotland, Wales, Southeast England, West Midlands.



Which ethnic group describes you?

For example: Asian, Black, White, Mixed Ethnic group.



Get help



If you have problems with addiction, then you can get help. Follow these links for more information:



NHS information about getting help with drug addiction

https://www.nhs.uk/live-well/addictionsupport/drug-addiction-getting-help/



NHS information about alcohol

https://www.nhsinform.scot/healthy-living/alcohol/



Find drug and alcohol support near you

https://www.talktofrank.com/gethelp/find-support-near-you



Get help



MIND

Support for drug and alcohol problems

https://bit.ly/3WZ9gYT



Alcohol Change UK

https://alcoholchange.org.uk/



ADFAM – families, drugs and alcohol

https://adfam.org.uk/



NACOA – for children of alcoholics

https://nacoa.org.uk/



Get help



Soberistas

https://soberistas.com/



Scottish Families

https://www.sfad.org.uk/



Addiction Family Support

https://addictionfamilysupport.org.uk/



We Are With You – recovery workers

https://bit.ly/3X0pgdo



If you would like to hear more about the research, please give us your name and email address.

Name	
Email	



We will delete this information when the project ends.

Our work is supported by these organisations:

















