

A glass of whiskey with ice cubes on a wooden surface. The glass is filled with a golden liquid and several large ice cubes. The background is a warm, blurred wooden surface.

2023

**DRUG &
ALCOHOL
IMPACT
SURVEY
REPORT**

PREPARED BY

**KEELE DRUG &
ALCOHOL STEERING
GROUP**



METHODOLOGY

The annual SOS Drug & Alcohol Survey was sent to all students by Tom Robinson, Welfare Officer, KeeleSU via email. The survey was also widely advertised via social media and other digital communication channels such as MS Teams.

The survey was open between the 20th November to 1st December 2023.

In total, 14 institutions took part in the survey. Across all 14 partnerships, there were 5282 respondents. Keele University made up 6.6% of these with 349 respondents.

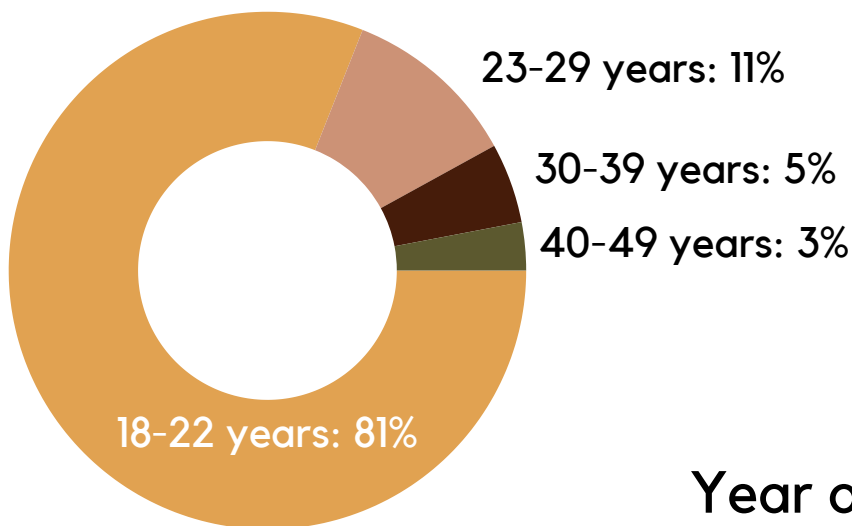
This is a decrease from the 458 respondents the year before.

The data presented in this report is Keele data only.

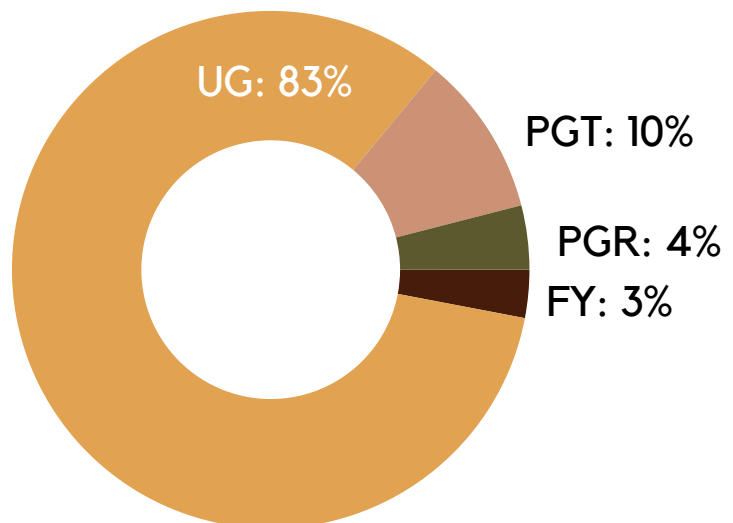


DEMOGRAPHICS

Age of participants

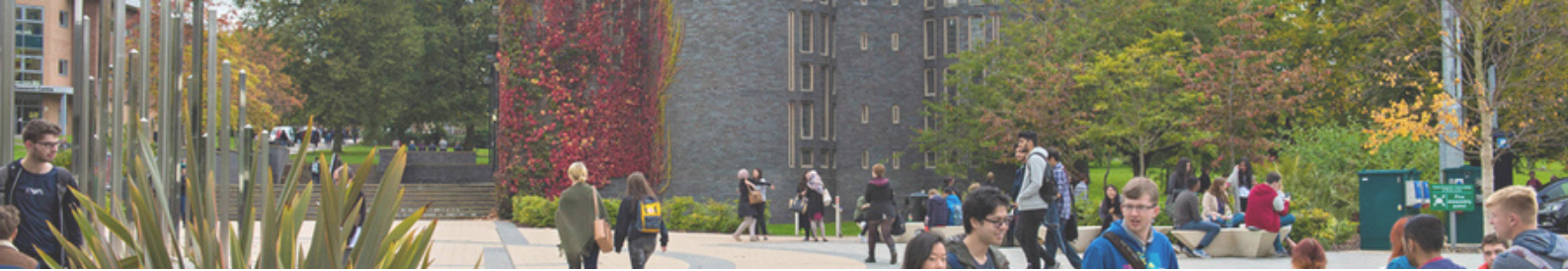


Year of study



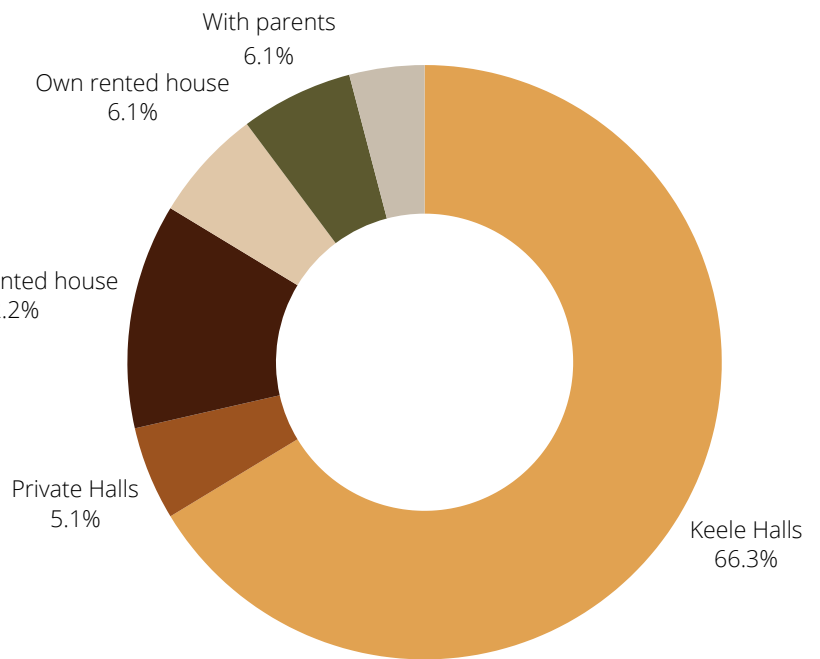
Whole Student Population (age)
<18-20 (61%), 21-29 (21%), 30-39 (10%), 40+ (8%)

Whole Student Population (year of study)
Foundation year (5%), Undergraduate (67%), PGT (23%), PGR (4%)

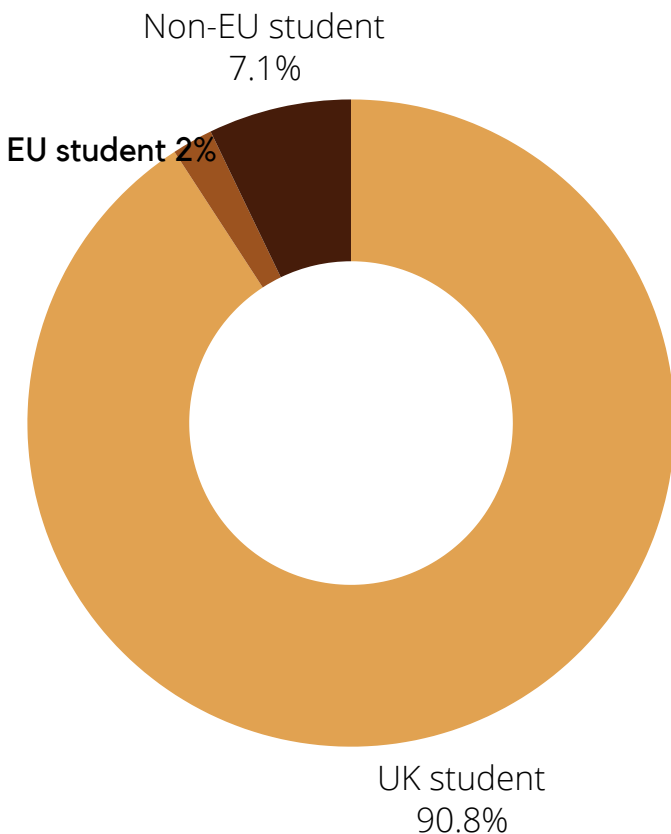


DEMOGRAPHICS

Living Arrangements

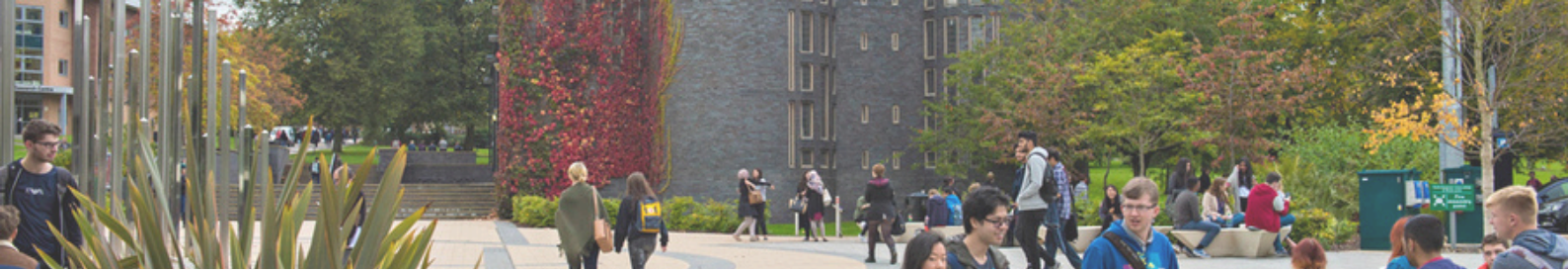


UK/EU/non-EU



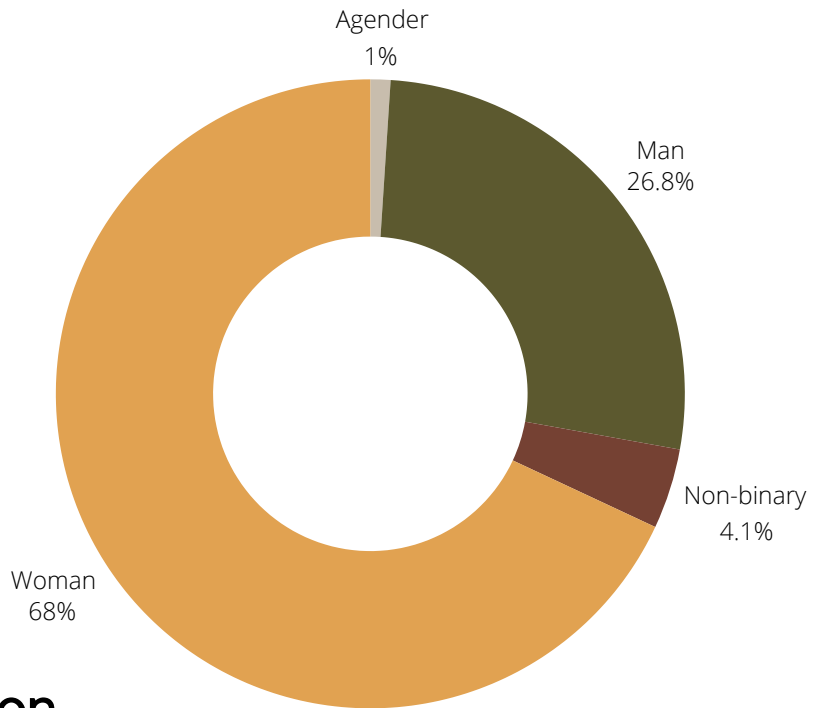
*Whole Student Population (living arrangements)
On campus (16%), off campus (84%)*

*Whole Student Population (UK vs. overseas)
UK students (74.5%), overseas students (25.5%)*

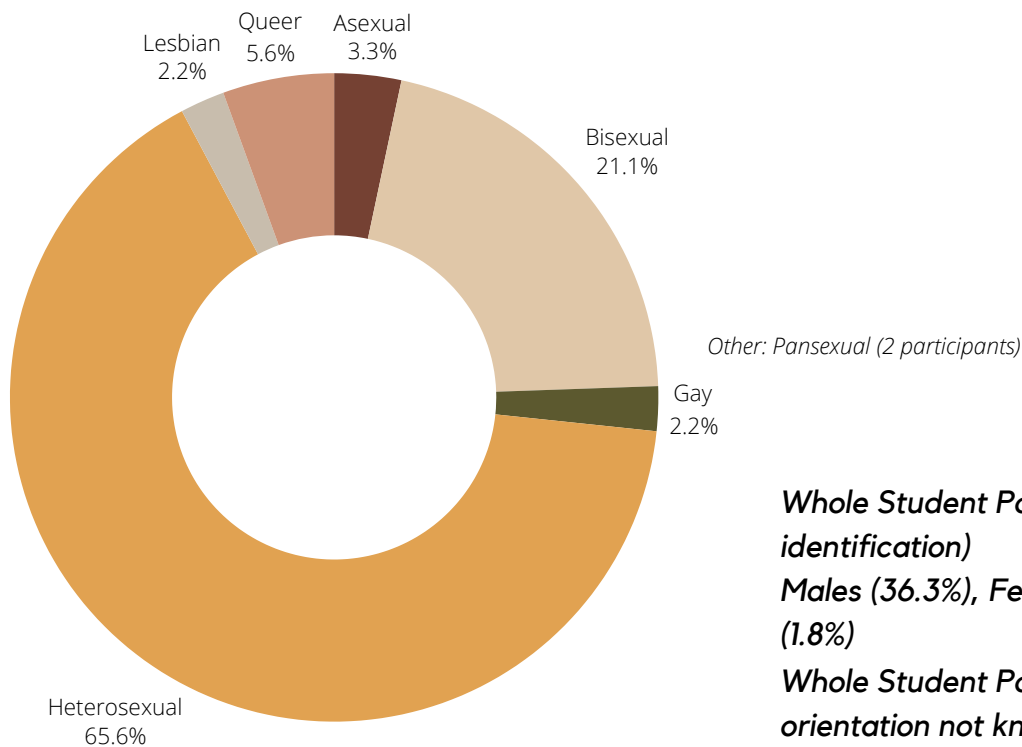


DEMOGRAPHICS

Gender Identification

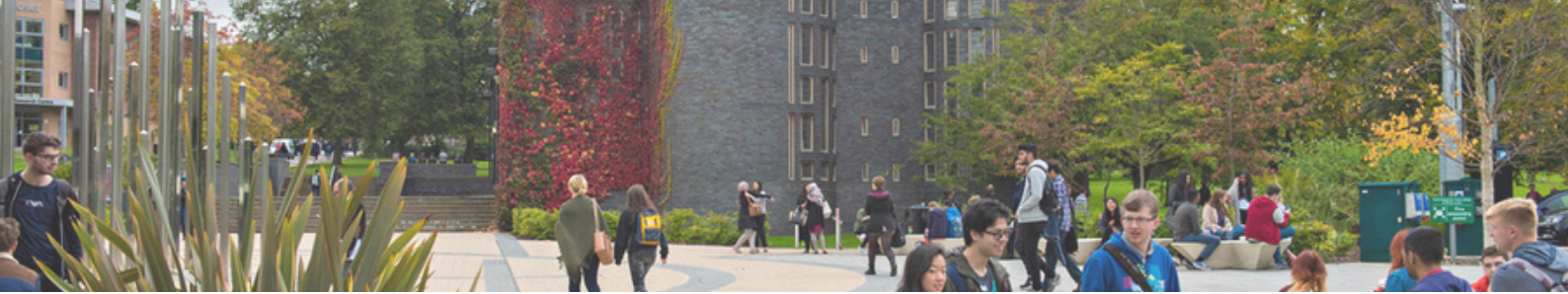


Sexual Orientation



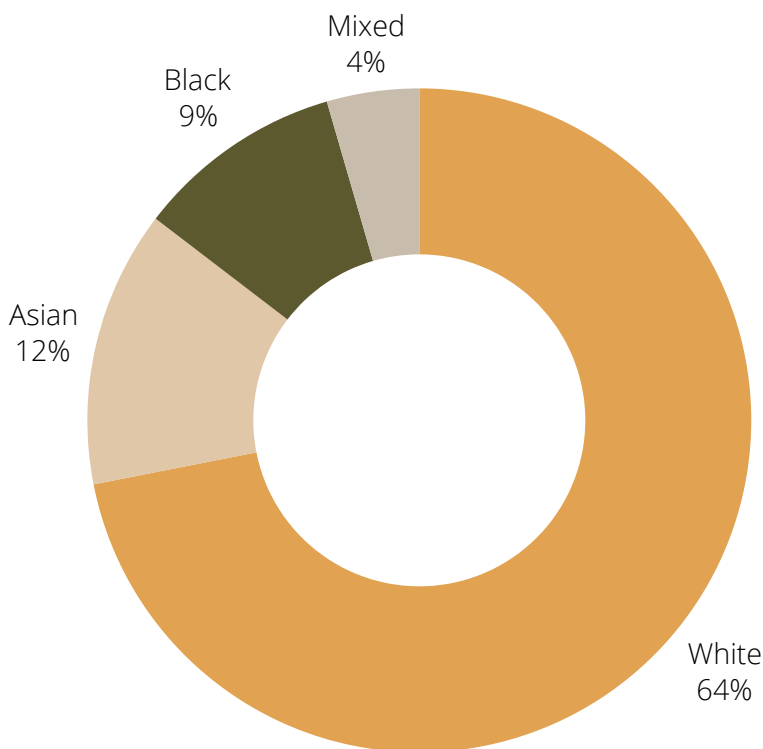
Whole Student Population (gender identification)
Males (36.3%), Females (61.9%), Other (1.8%)

Whole Student Population for sexual orientation not known



DEMOGRAPHICS

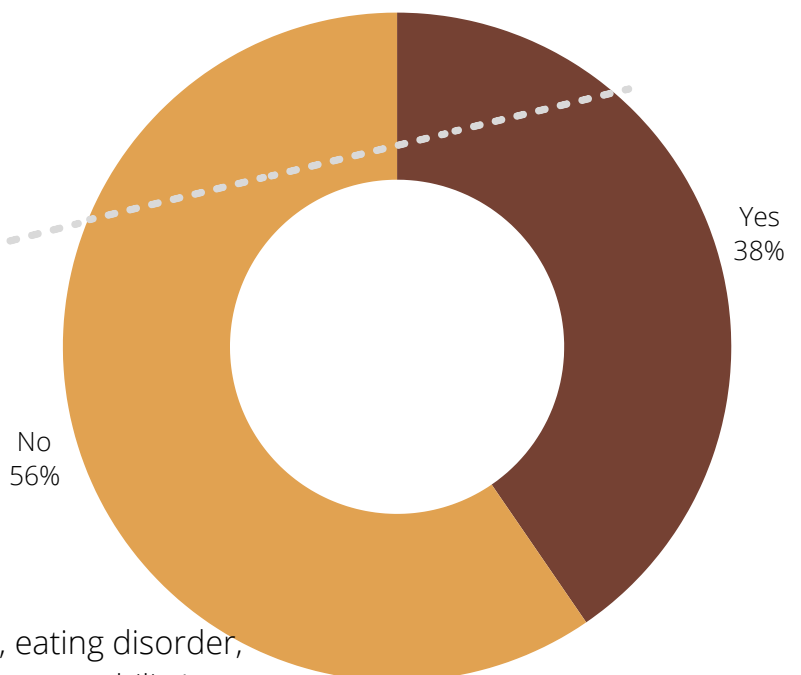
Ethnicity



*Whole Student Population (ethnicity)
BME (37%), White (51%), not known (11%)*

*Whole Student Population (disability)
With disability (17%), without disability (78%), not known (0.09%)*

Disability



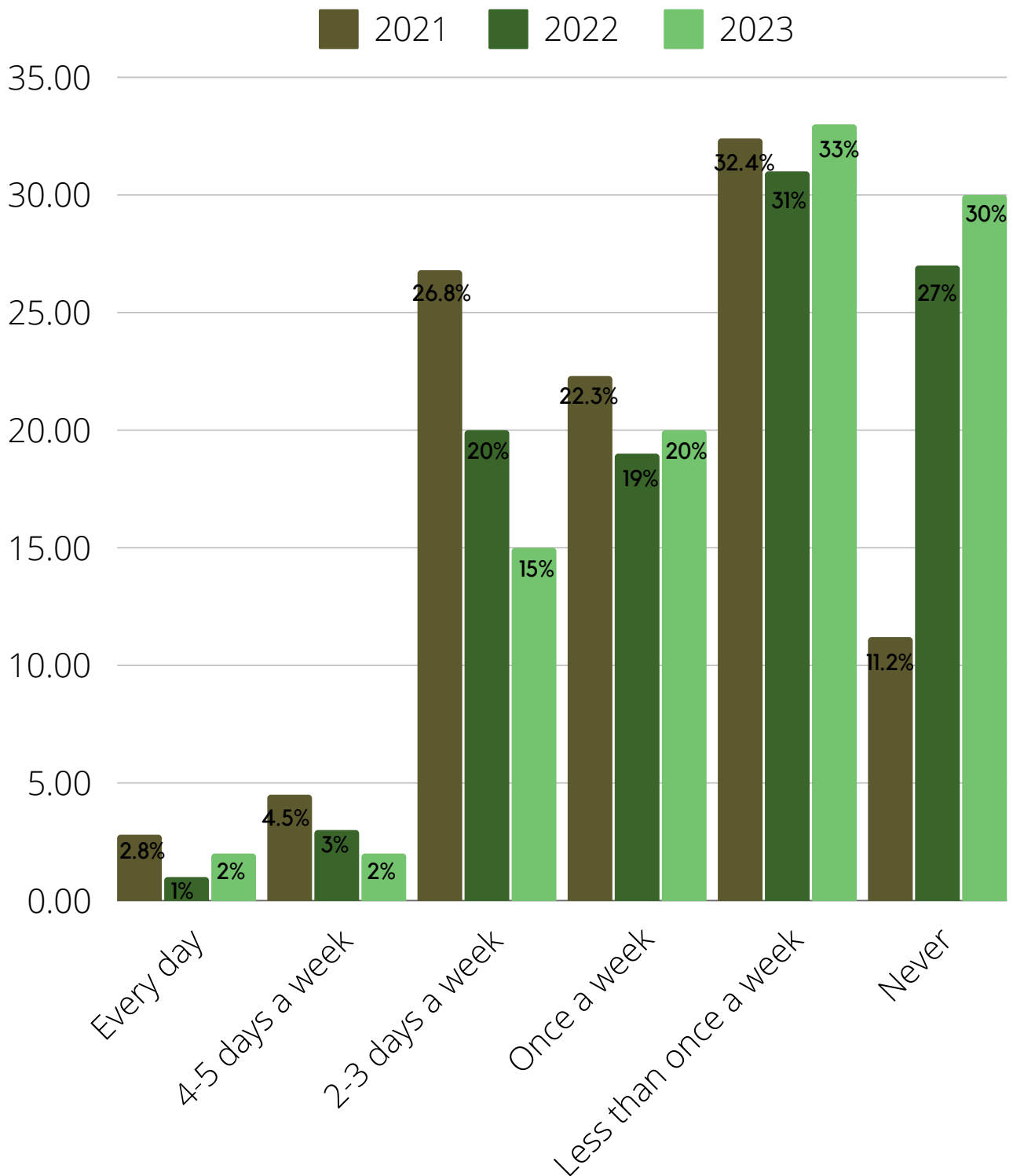
Of those who answered yes:

- 12% physical impairment
- 5% deaf
- 49% mental health difficulties
- 35% learning difficulties
- 5% profound or multiple difficulties
- 32% autistic
- 28% an unseen disability
- 14% other (including cystic fibrosis, ADHD, eating disorder, migraines, PCOS, Tourette's, narcolepsy, hypermobility)



ALCOHOL USE

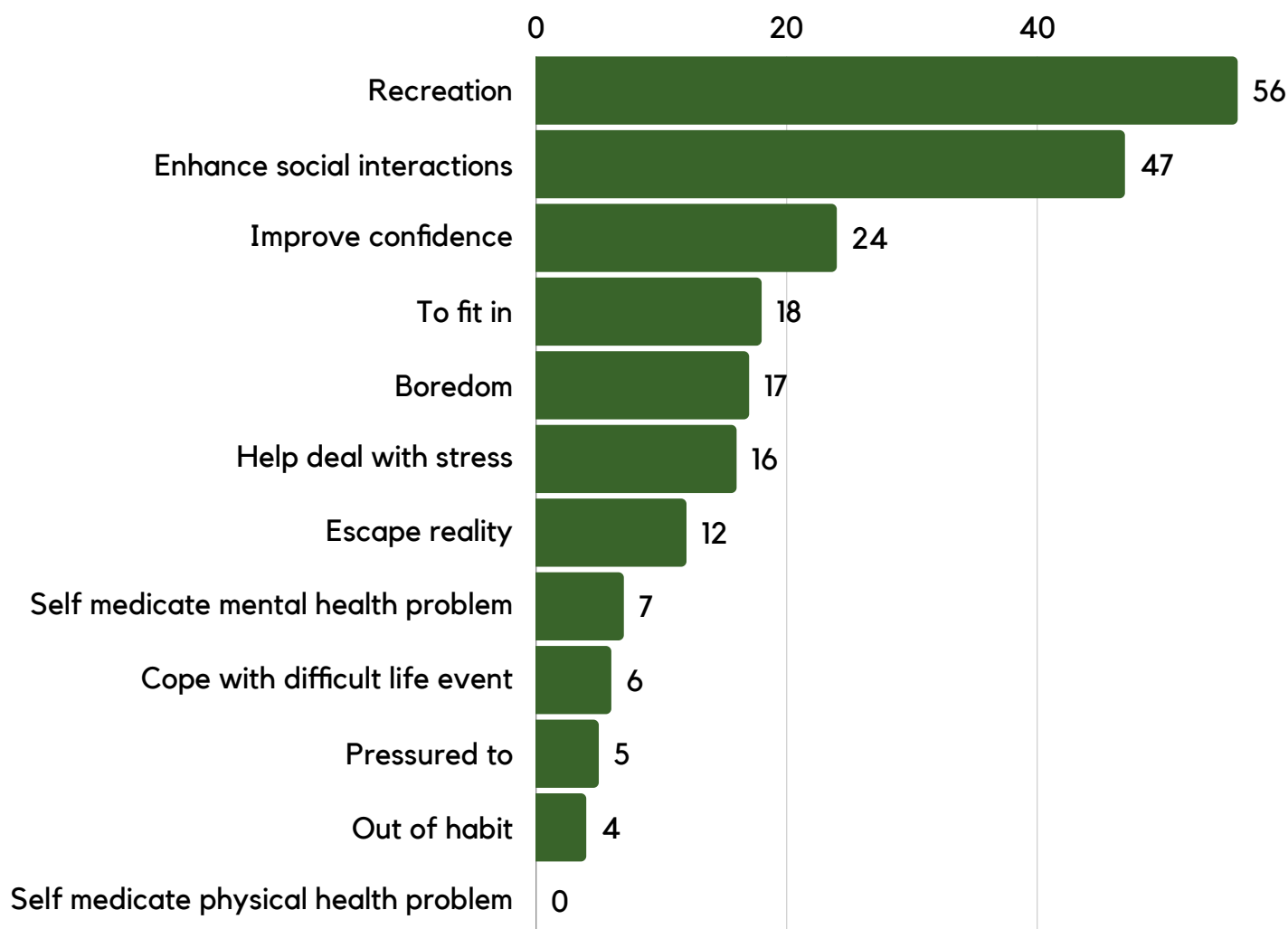
How often, if at all, do you drink alcohol? (%)





ALCOHOL USE

Which of the following best describes why you drink alcohol? (%)



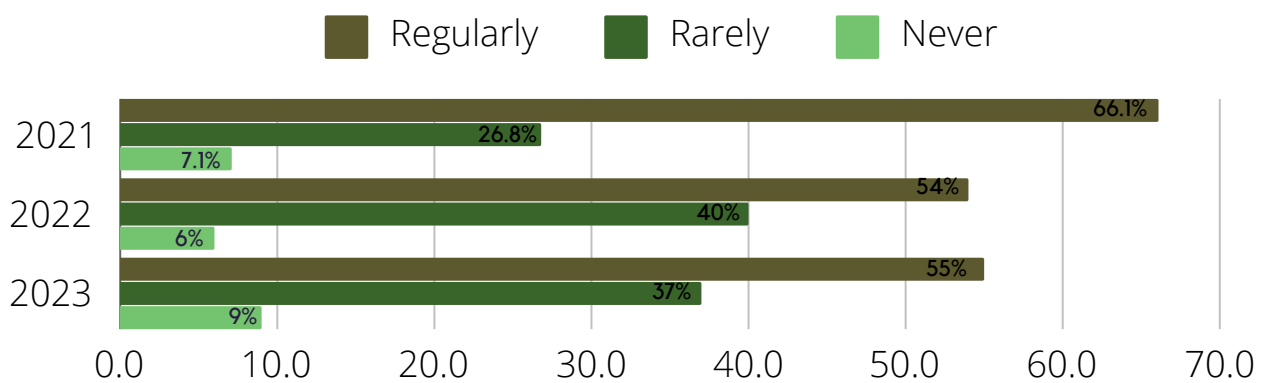
- *"Because it tastes good"*
- *"To meet new people"*
- *"Fun to play drinking games"*
- *"Club socials"*
- *"Special occasions"*
- *"Only when socialising"*



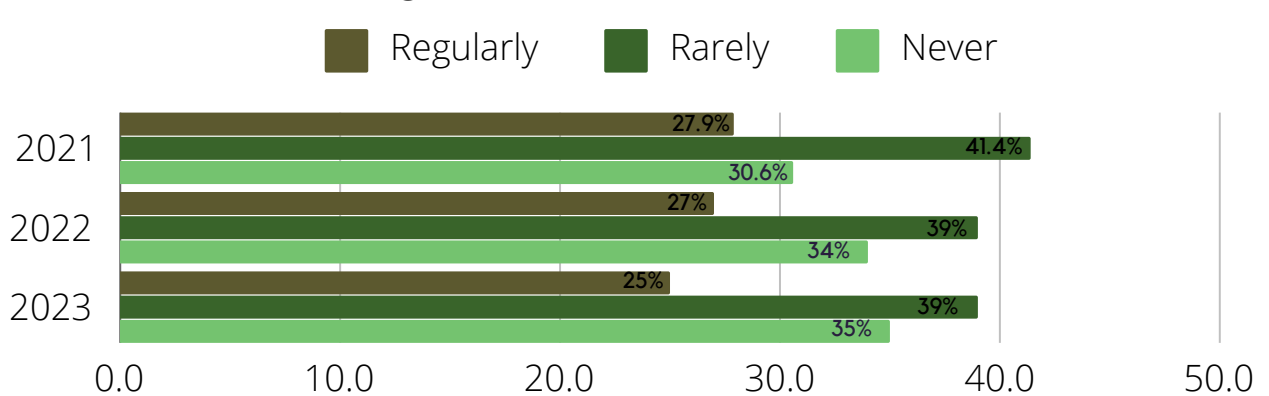
ALCOHOL USE

Do any of the following describe your drinking behaviour?

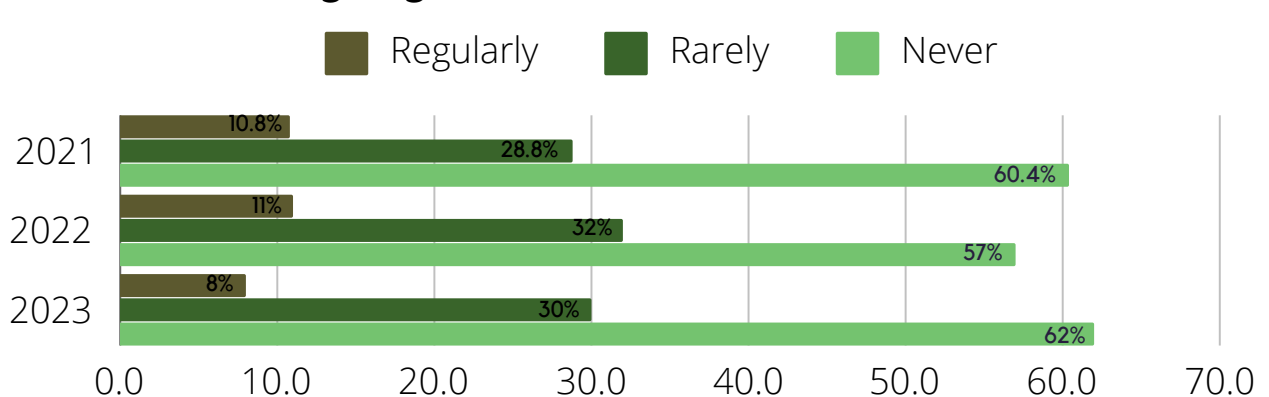
Pre-drink at Home



Get drunk before night out



Not eat before going out

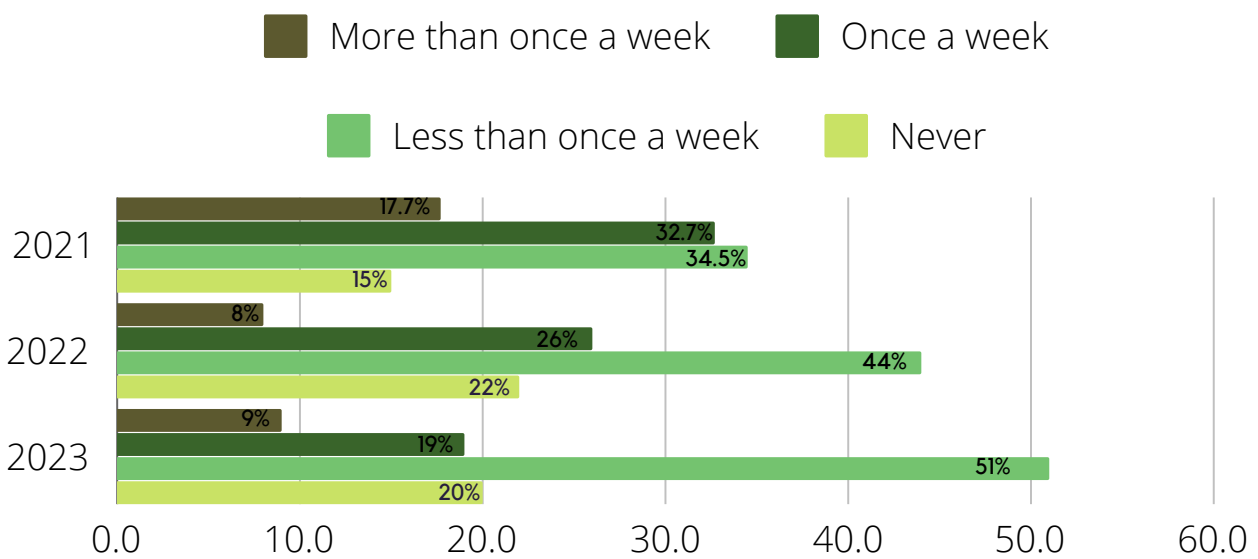




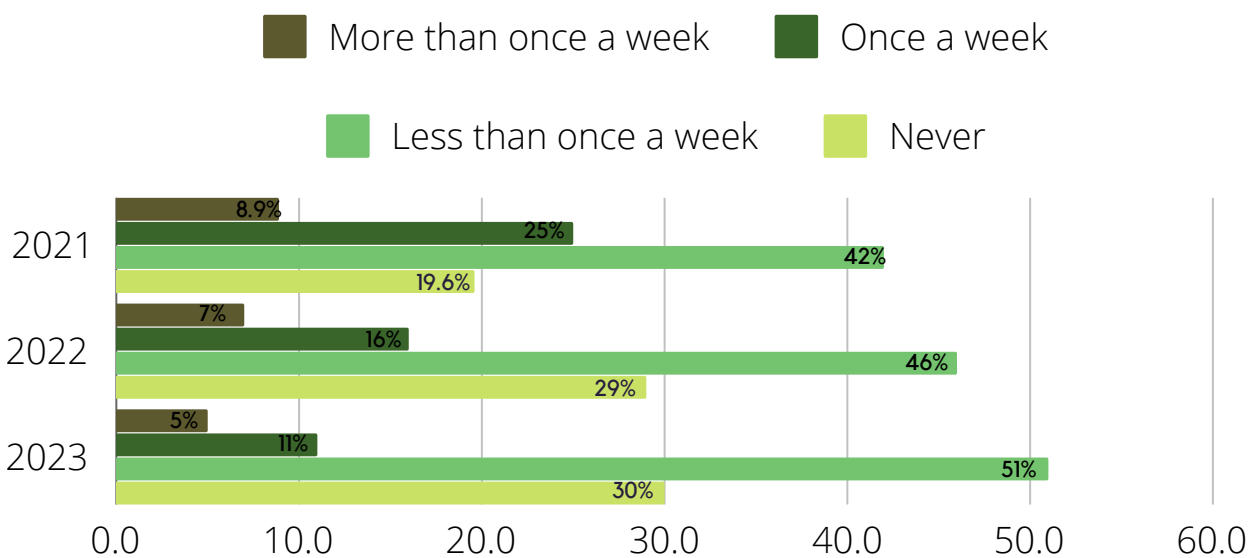
ALCOHOL USE

Do any of the following describe your drinking behaviour?

Drink with the intention of getting drunk

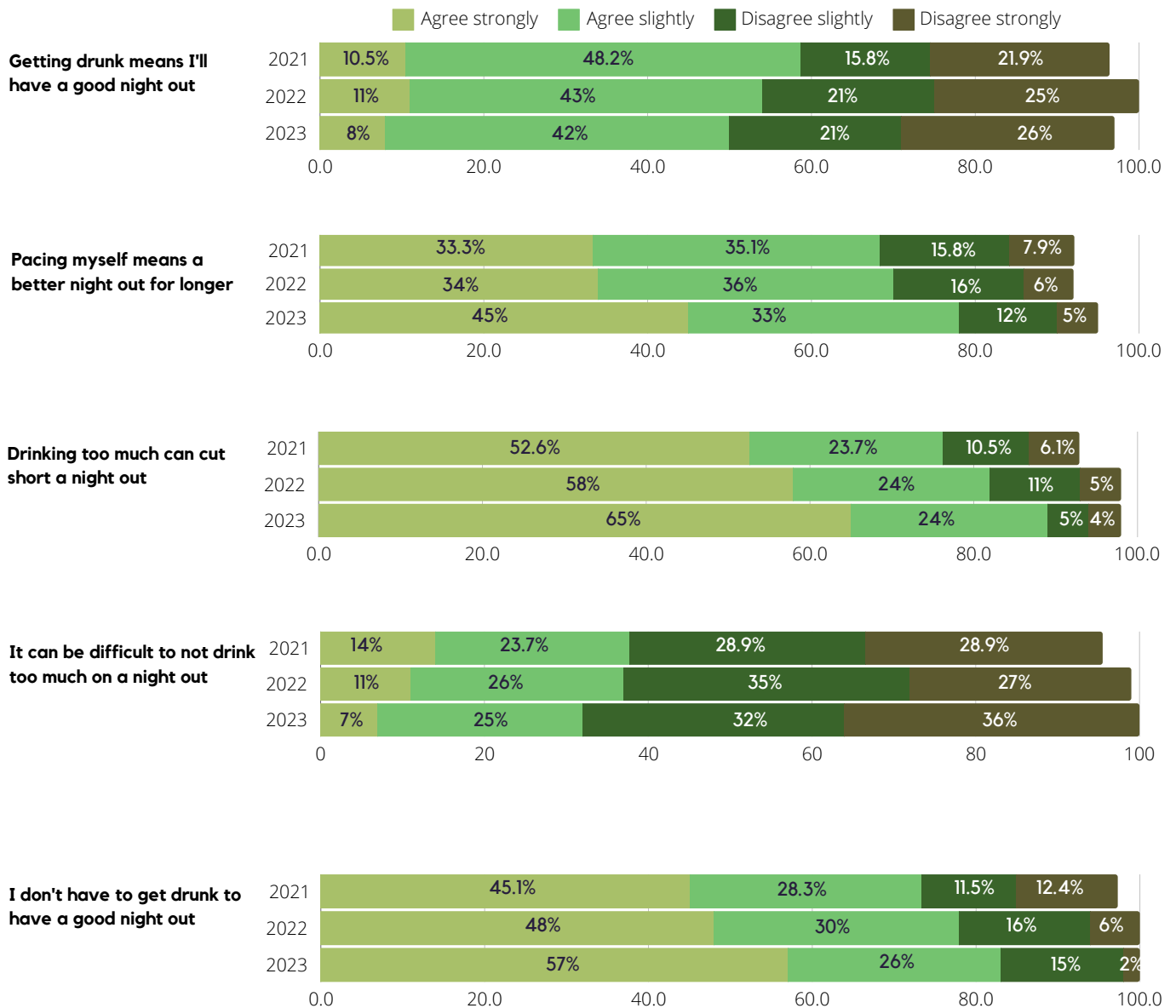


Get drunk unintentionally



ALCOHOL USE

To what extent, if at all, do you agree or disagree with the following statements?



You agreed it can be difficult not to drink too much on a night out – why do you think that?

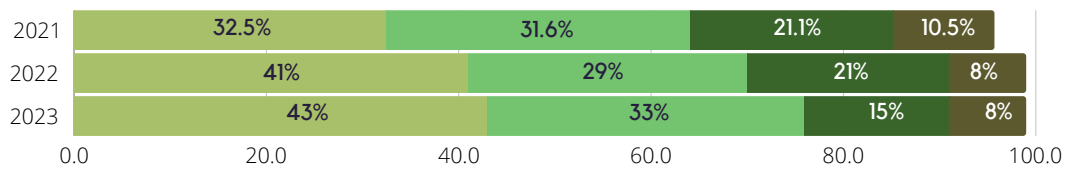
- Pressure from friends (22%)
- It can be difficult to get water or soft drinks from bars / clubs (17%)
- There are too many tempting drinks offers (18%)
- It can be expensive to get water or soft drinks from bars / clubs (20%)
- It can feel embarrassing ordering water or soft drinks (17%)
- It's easy to get caught up in rounds (61%)
- I don't know what to do that would help me to not drink too much (7%)
- Drinking helps me to relax / socialise (60%)



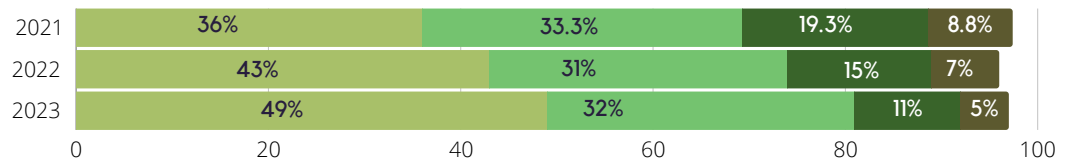
ALCOHOL USE

To what extent, if at all, do you agree or disagree with the following statements?

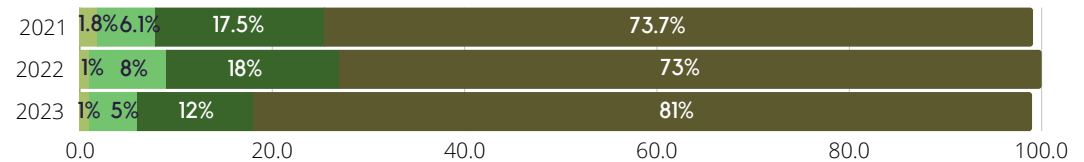
I tend to stop drinking before I get very drunk



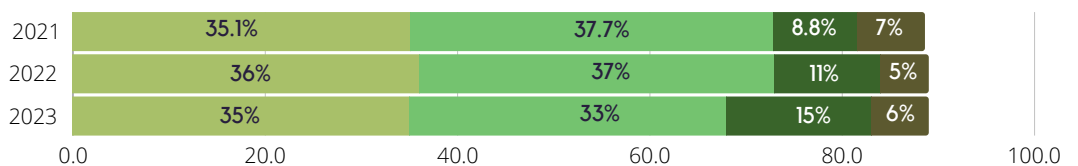
I don't like socialising with people who get very drunk



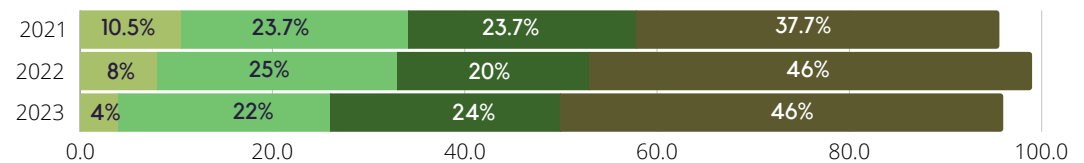
I don't like socialising with people who don't drink



I think more about my behaviour when I drink now



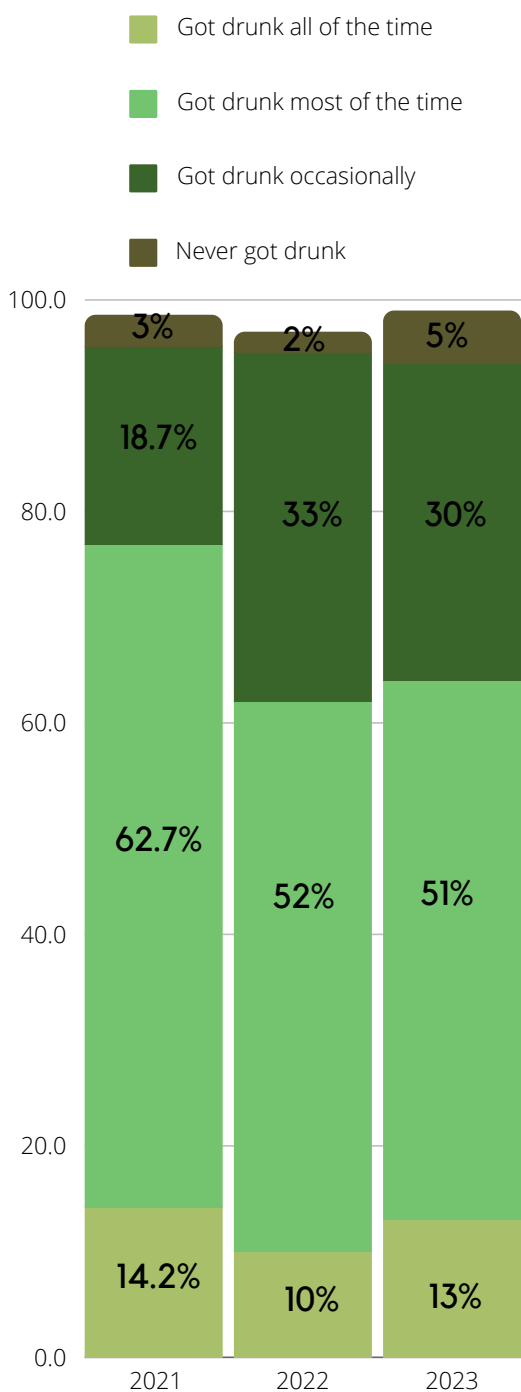
I feel pressure from my friends to drink more alcohol



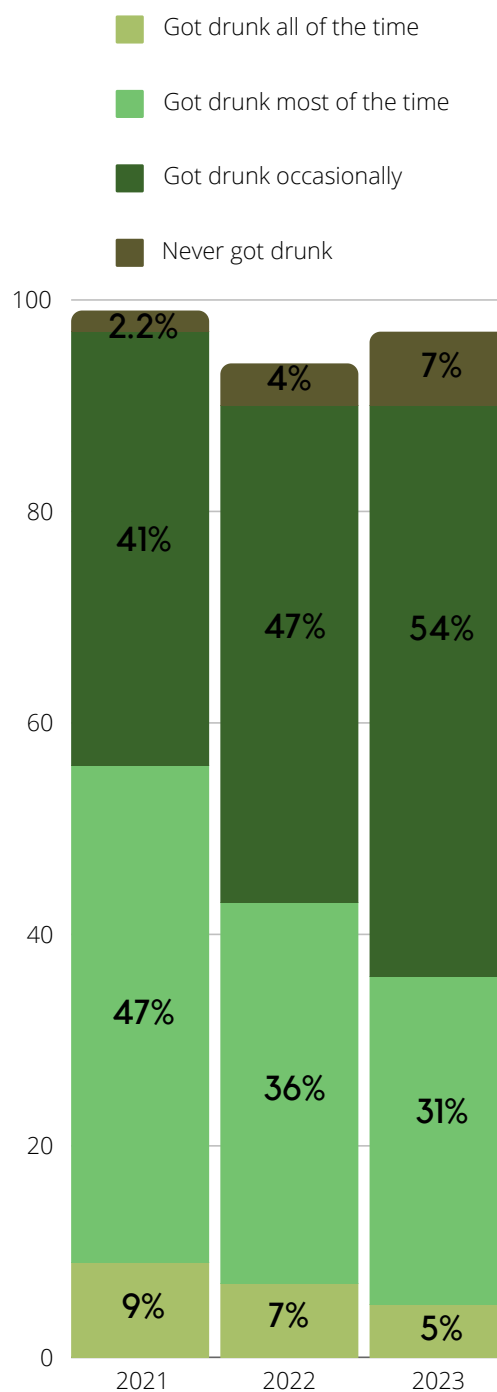


ALCOHOL PERCEPTIONS

Please select the phrase which best describes your perceptions



Before arriving at University, did you believe that students...

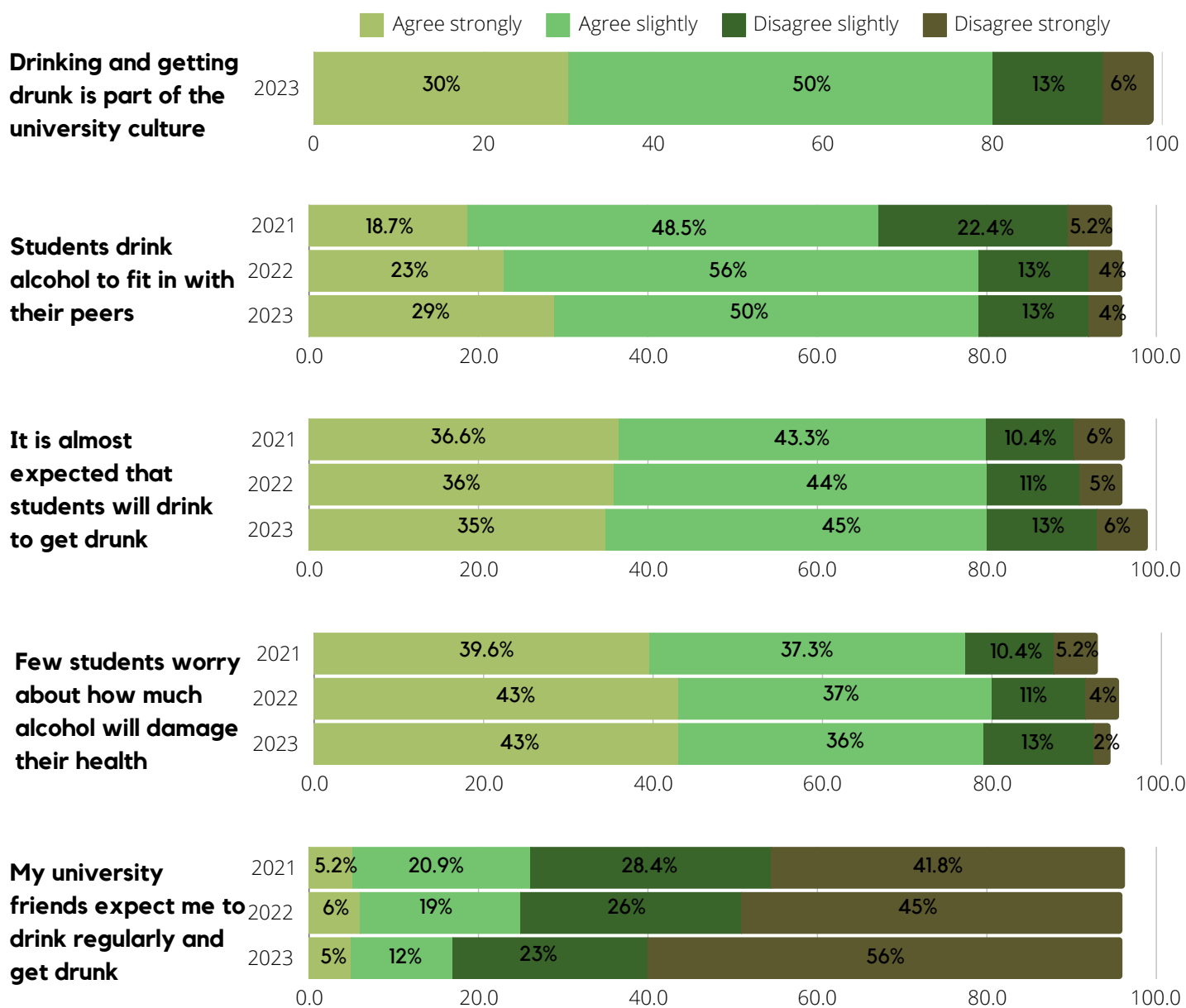


And now you're at university, do you believe that students...



ALCOHOL PERCEPTIONS

Thinking specifically about drinking alcohol at university, how much do you agree or disagree, if at all, with the following statements?

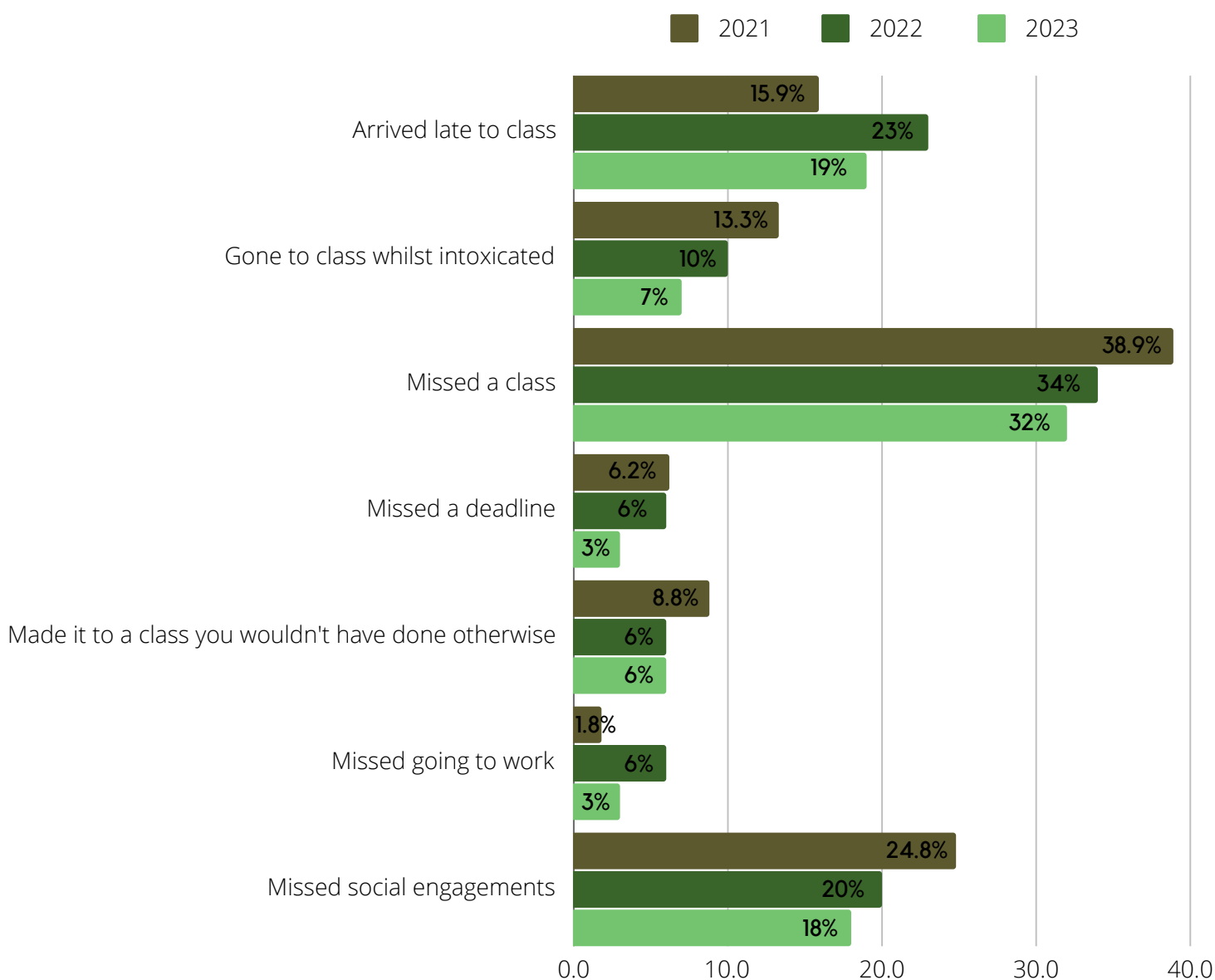




CONSEQUENCES OF ALCOHOL USE

Which of the following have you experienced since you have been at university during or following the consumption of alcohol?

ACADEMIC & WORK

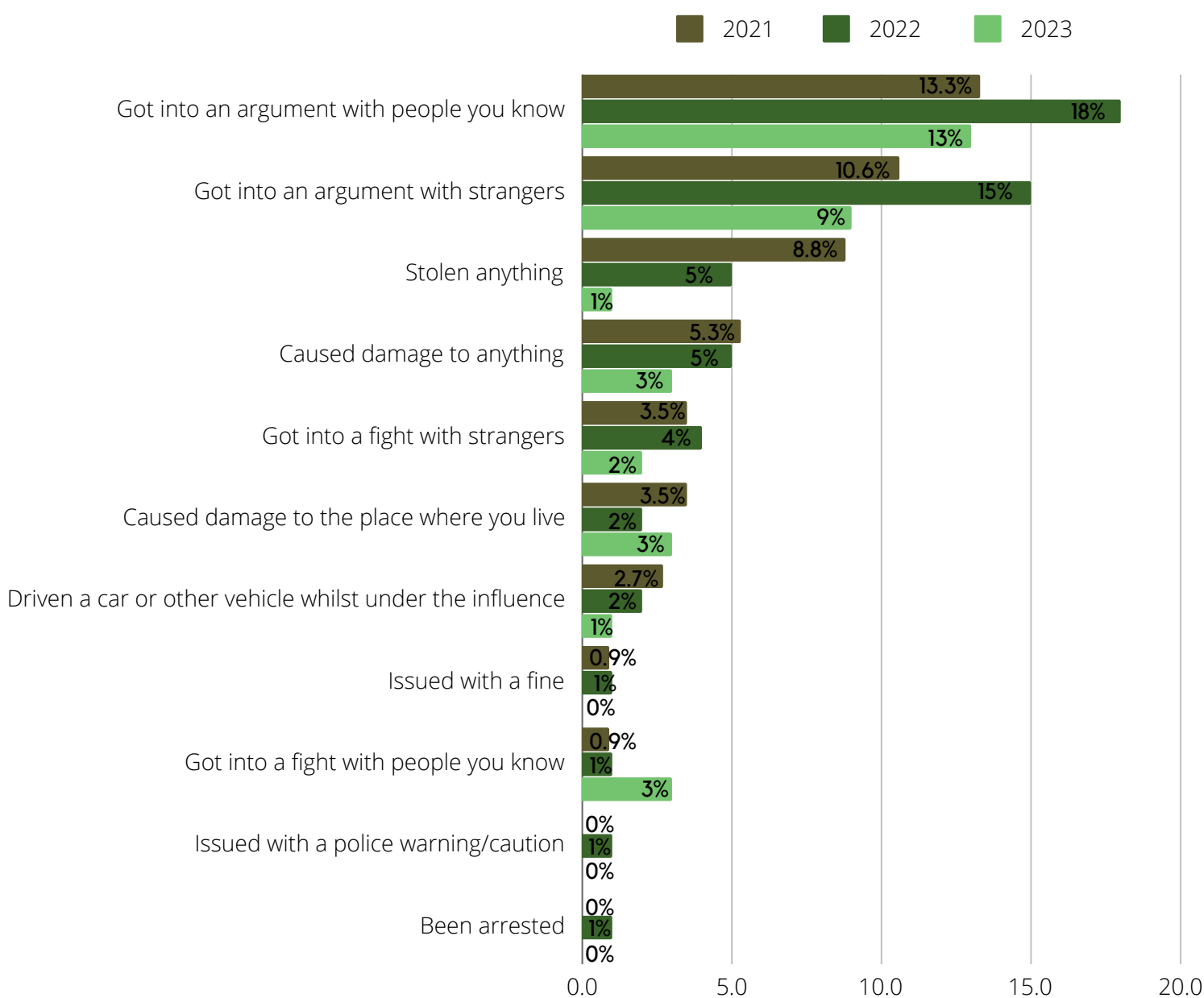




CONSEQUENCES OF ALCOHOL USE

Which of the following have you experienced since you have been at university during or following the consumption of alcohol?

ANTISOCIAL BEHAVIOUR

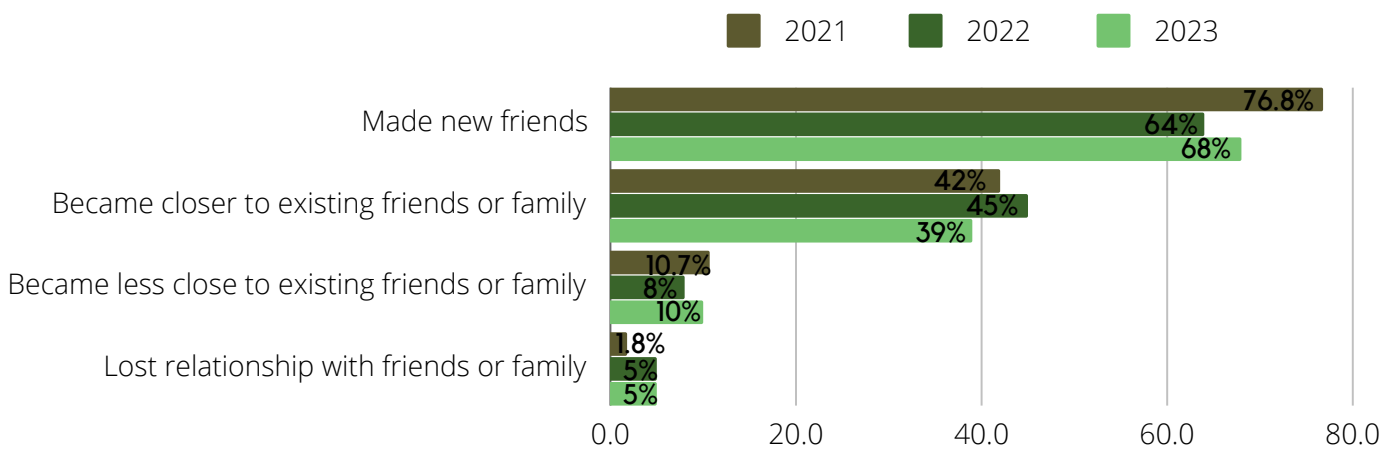




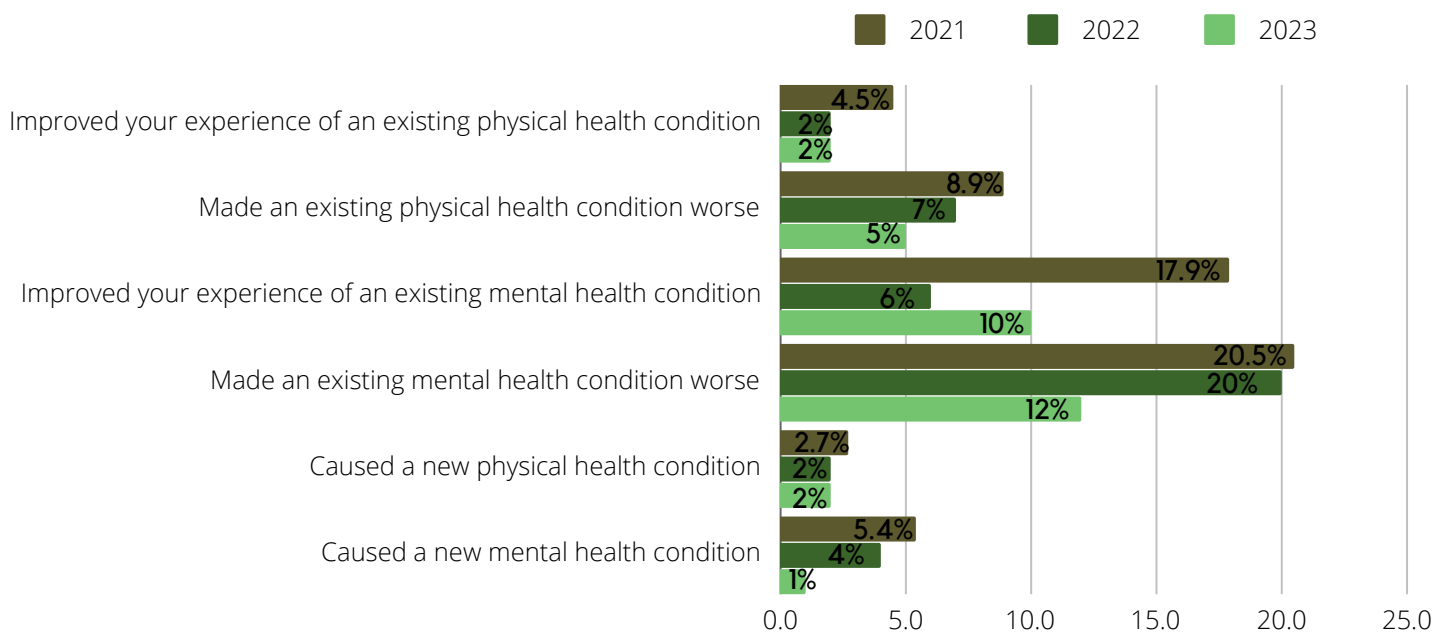
CONSEQUENCES OF ALCOHOL USE

Which of the following have you experienced since you have been at university during or following the consumption of alcohol?

SOCIAL LIFE



MENTAL & PHYSICAL HEALTH

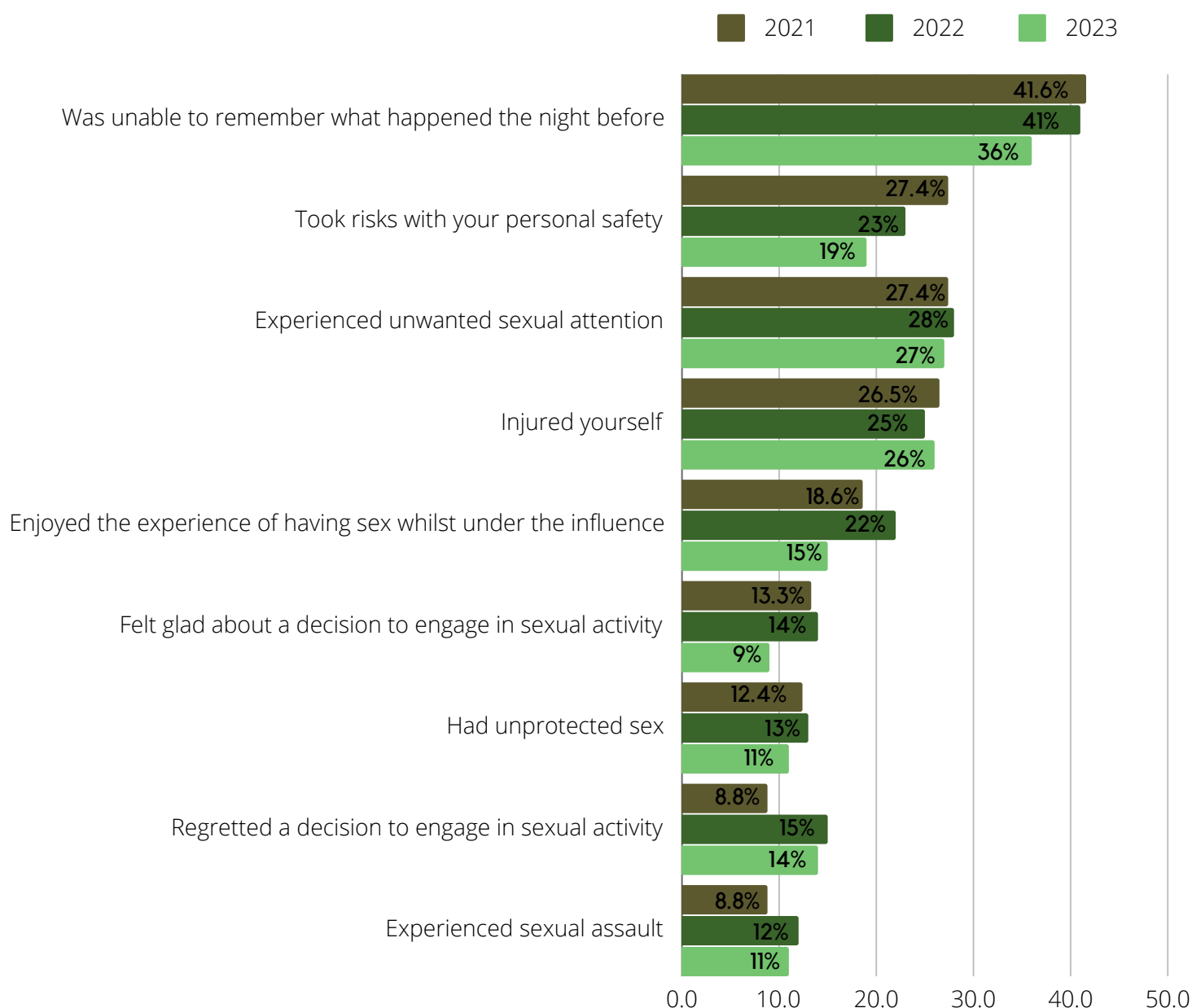




CONSEQUENCES OF ALCOHOL USE

Which of the following have you experienced since you have been at university during or following the consumption of alcohol?

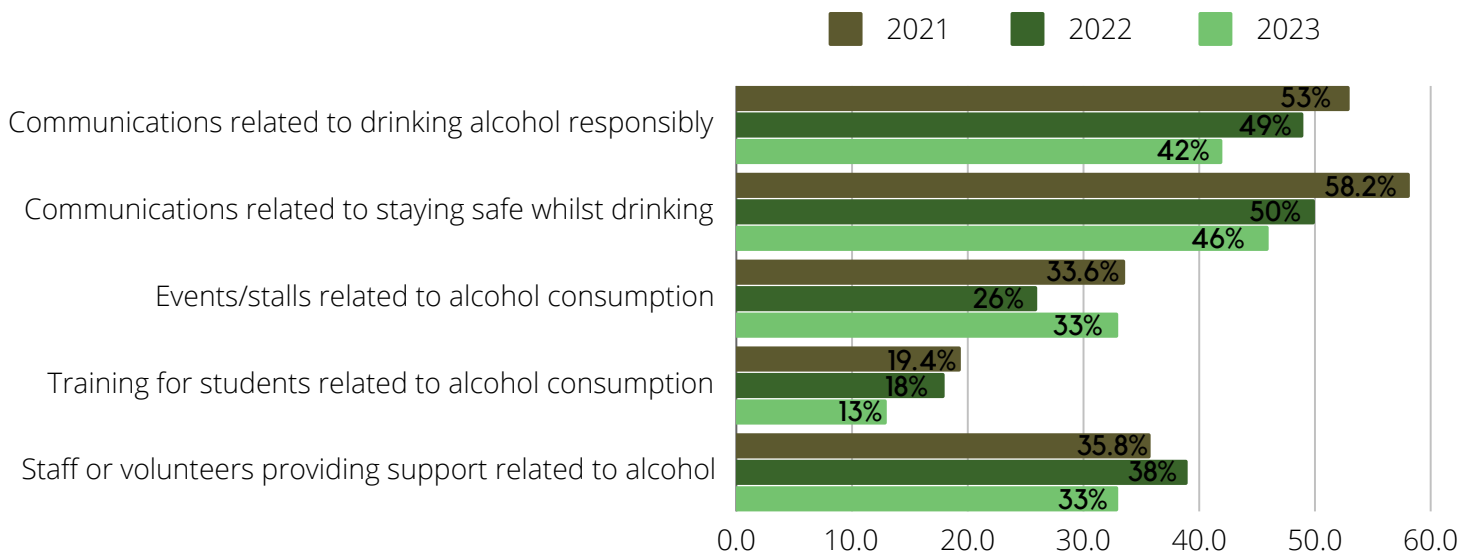
VICTIM OF CRIME & SEXUAL ACTIVITY



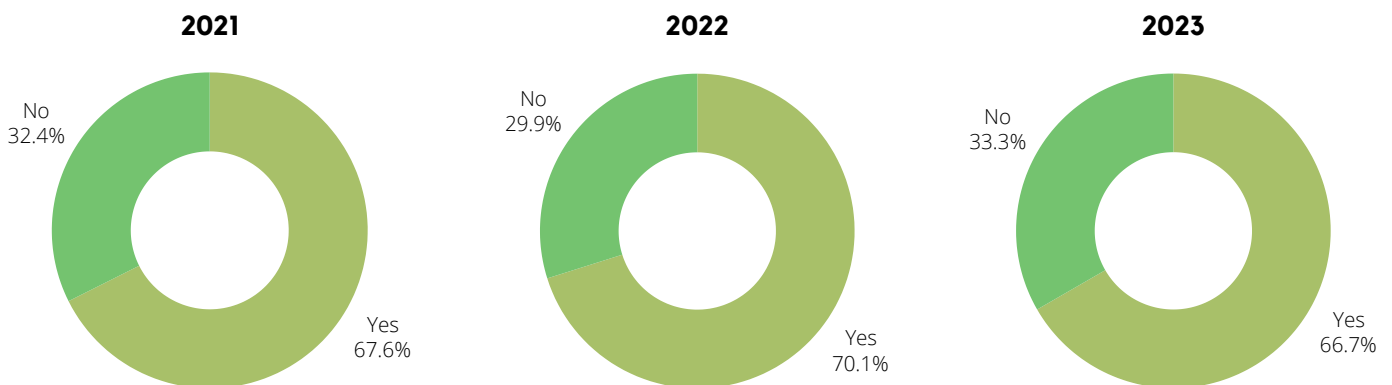


SAFE DRINKING CAMPAIGNS

Are you aware of any safe or responsible drinking campaigns, projects or activities at your university?
(Participants select the areas they are aware of)



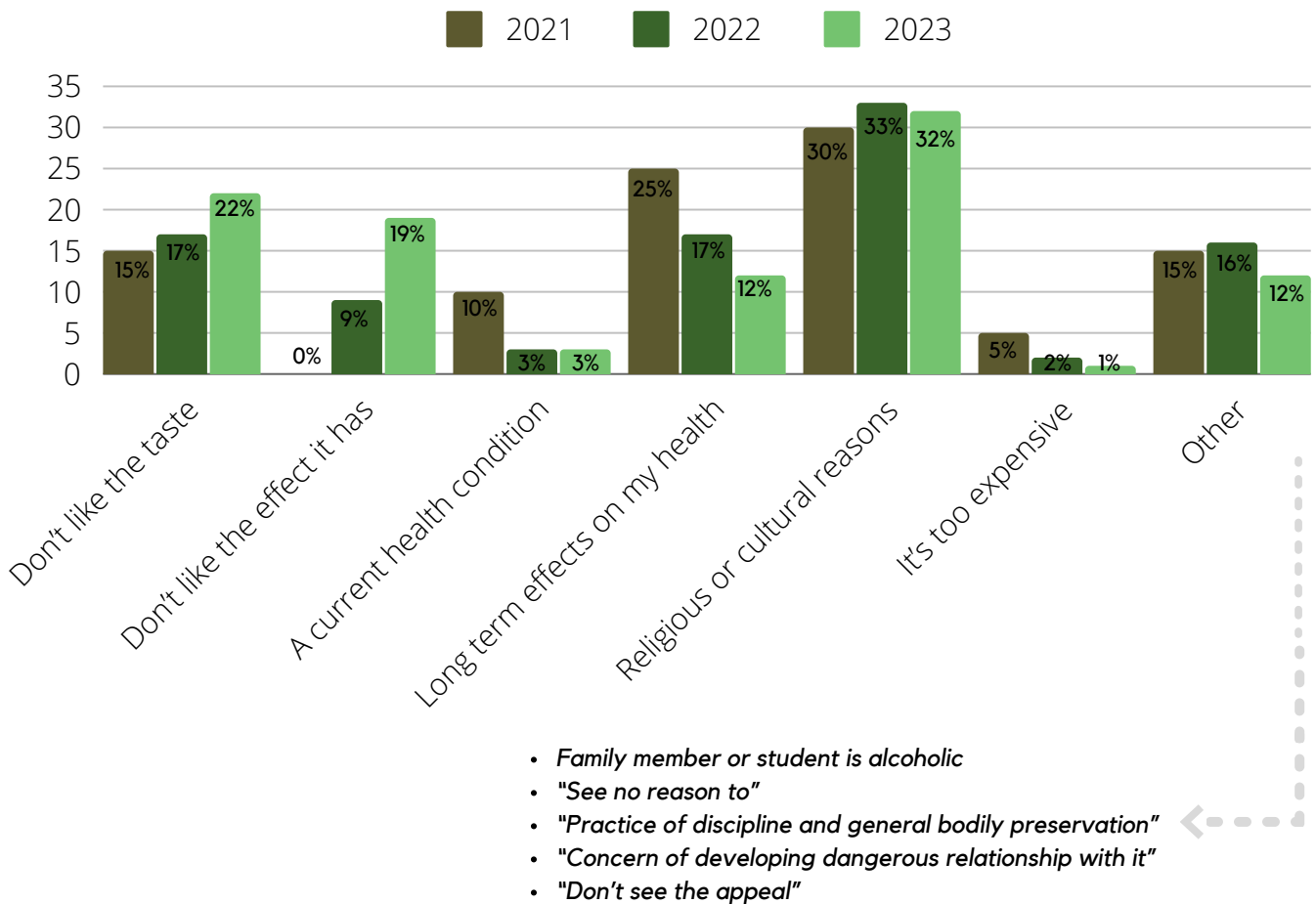
Do you feel that there are enough social events for you at university that do not involve having to drink or get drunk?



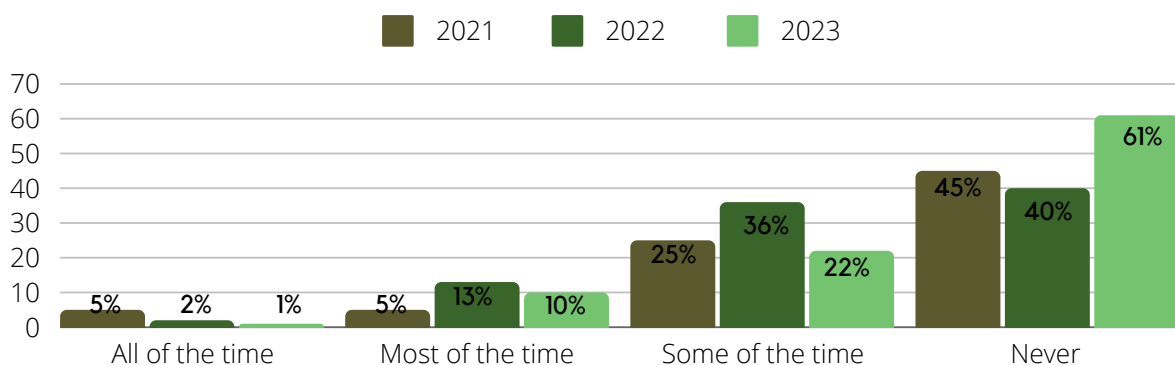


NON DRINKERS

What would you say is your main reason for not drinking or stopping drinking, alcohol?



Thinking about the most recent university term, when you were socialising with other students, how often did you feel that your friends expected you to drink alcohol?



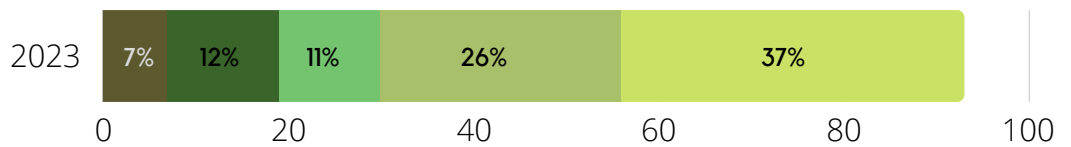


NON DRINKERS

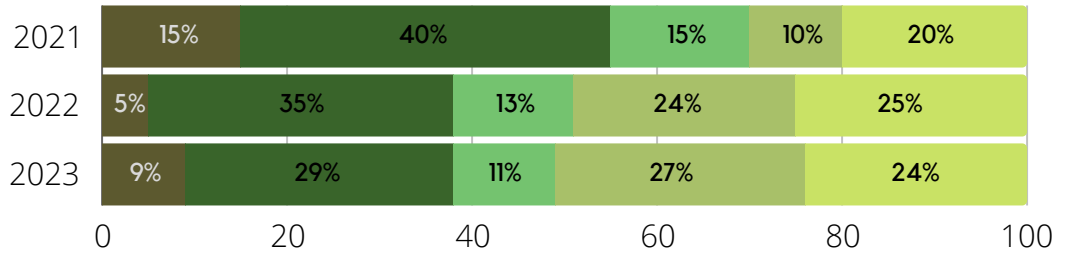
How do you think that not drinking alcohol has impacted on the following:

Very negative Negative No effect Positive Very positive

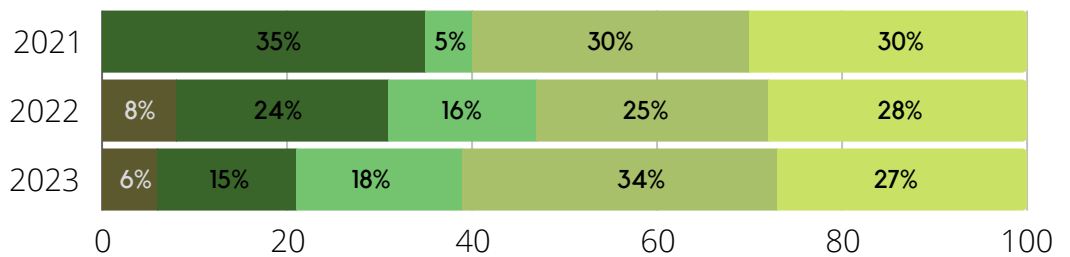
Your life at university in general



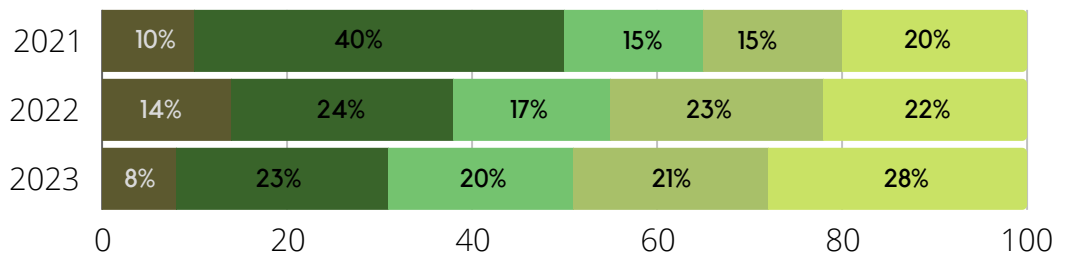
Your ability to meet new people



Your ability to settle in at university



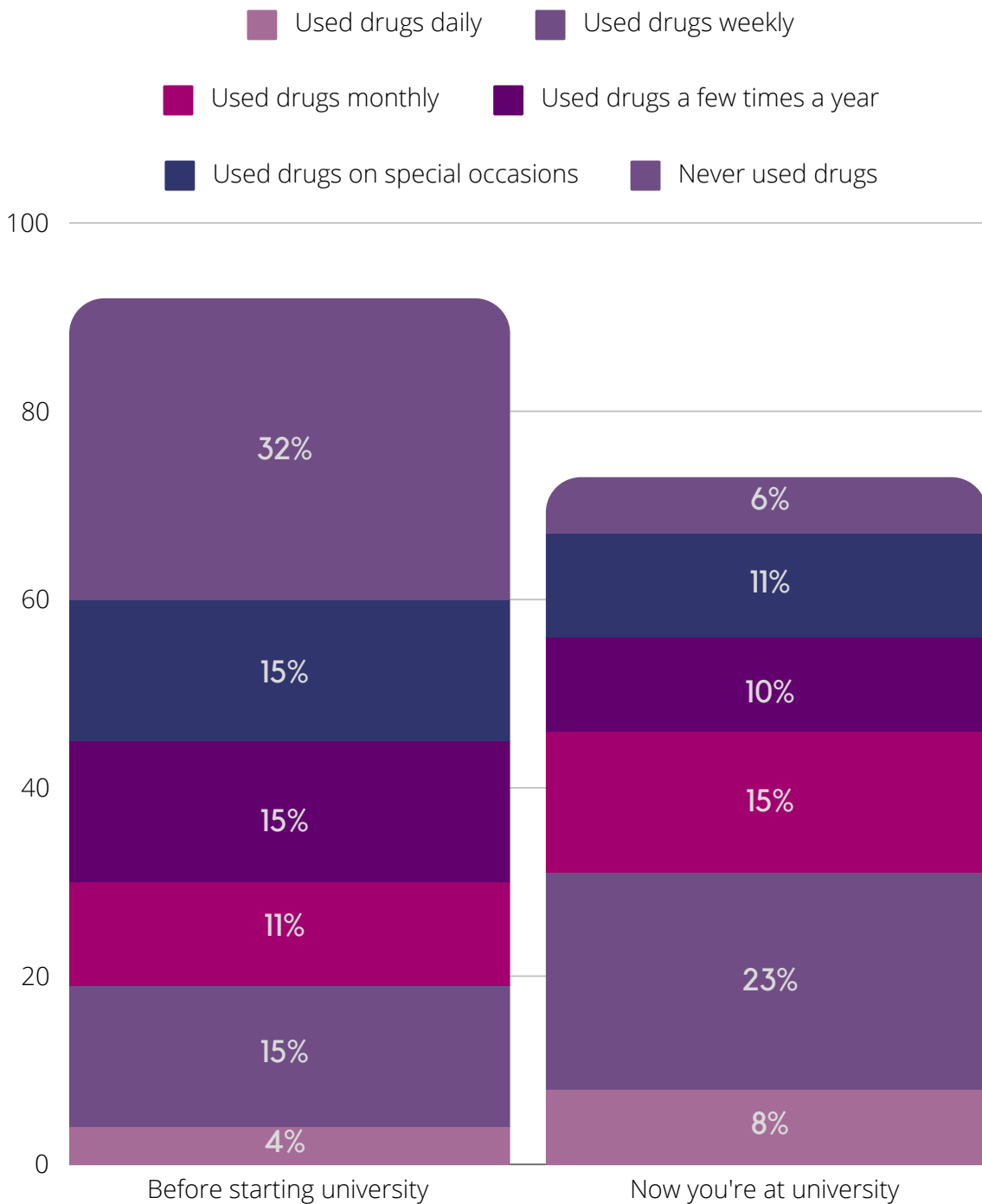
Your ability to enjoy nights out





DRUG USE PERCEPTIONS

Please select the phrase which best describes your experiences of drug use:

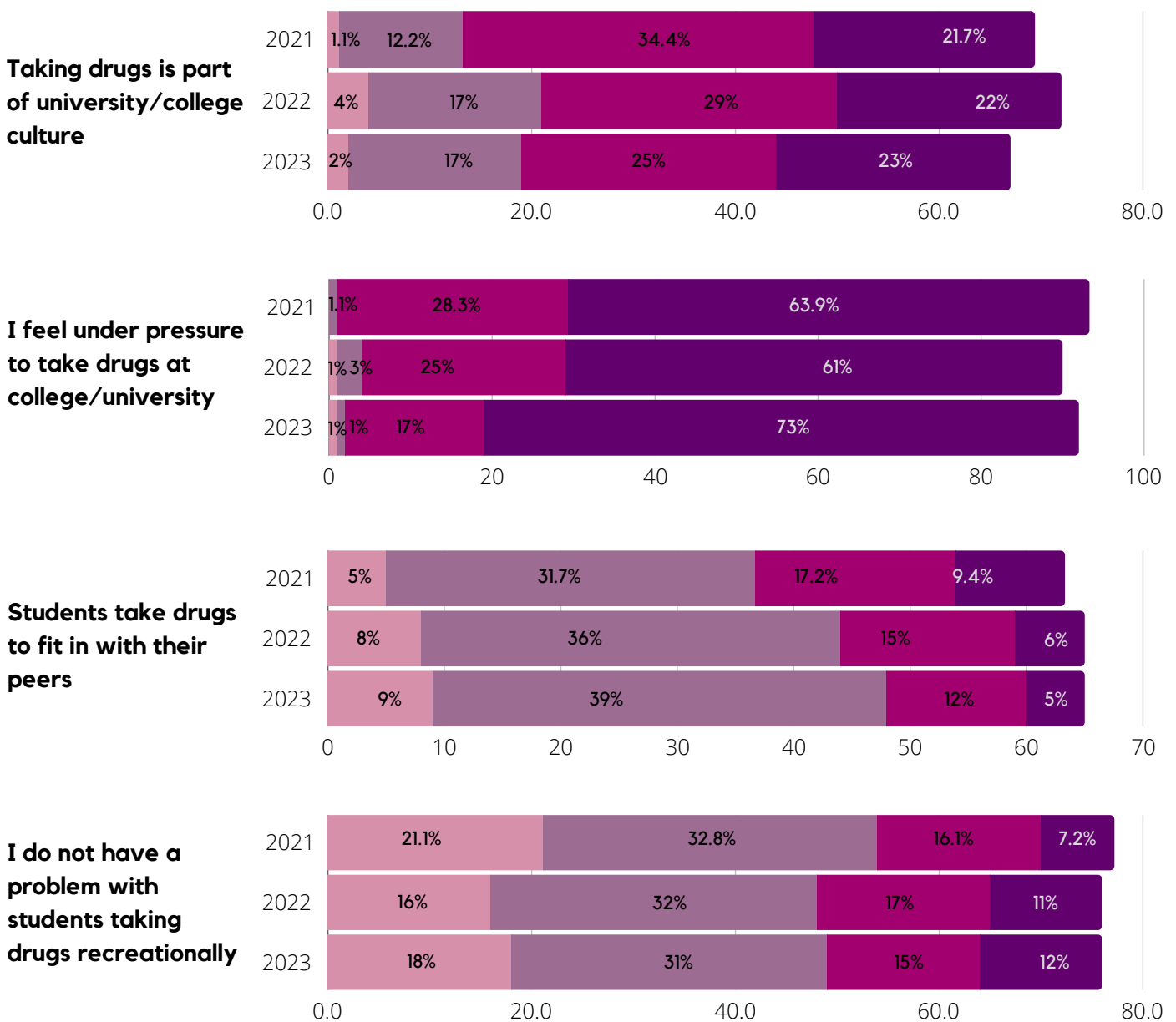




DRUG USE PERCEPTIONS

To what extent, if at all, do you agree with the following statements?

■ Agree strongly
 ■ Agree slightly
 ■ Disagree slightly
 ■ Disagree strongly

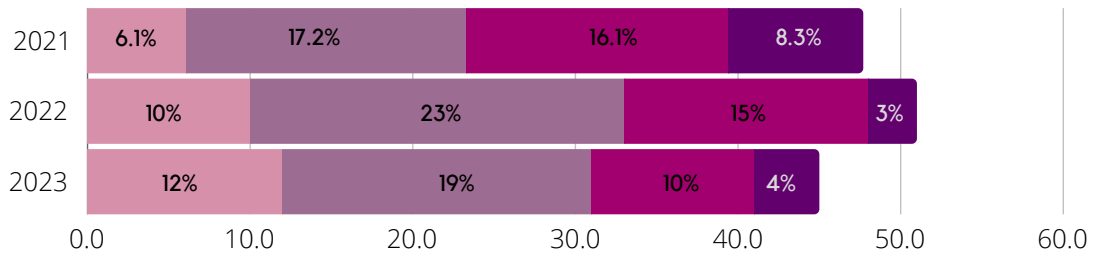




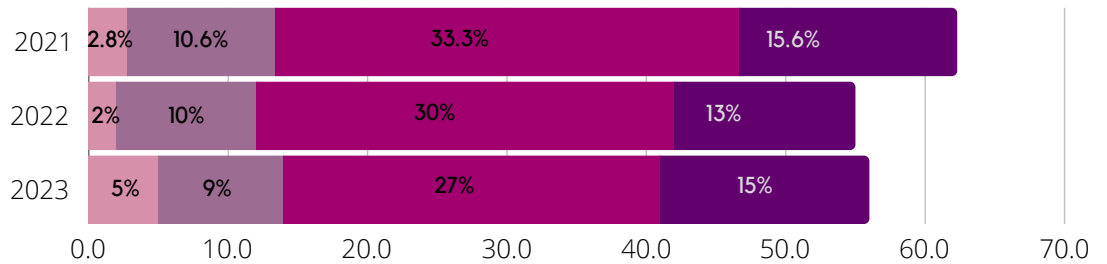
DRUG USE PERCEPTIONS

To what extent, if at all, do you agree with the following statements?

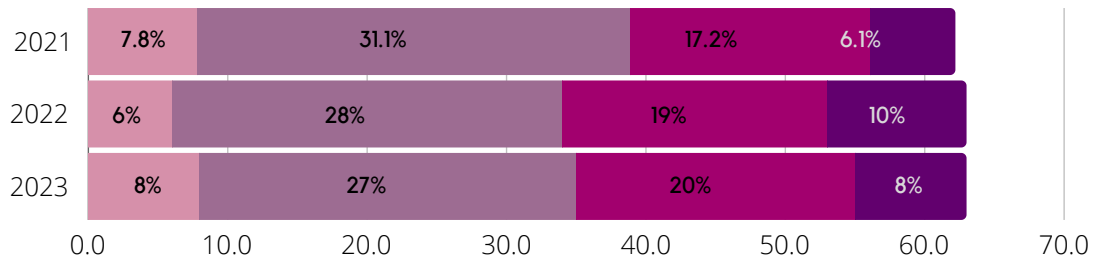
Students who take drugs do less well in their studies



There is a problematic drug culture at my university



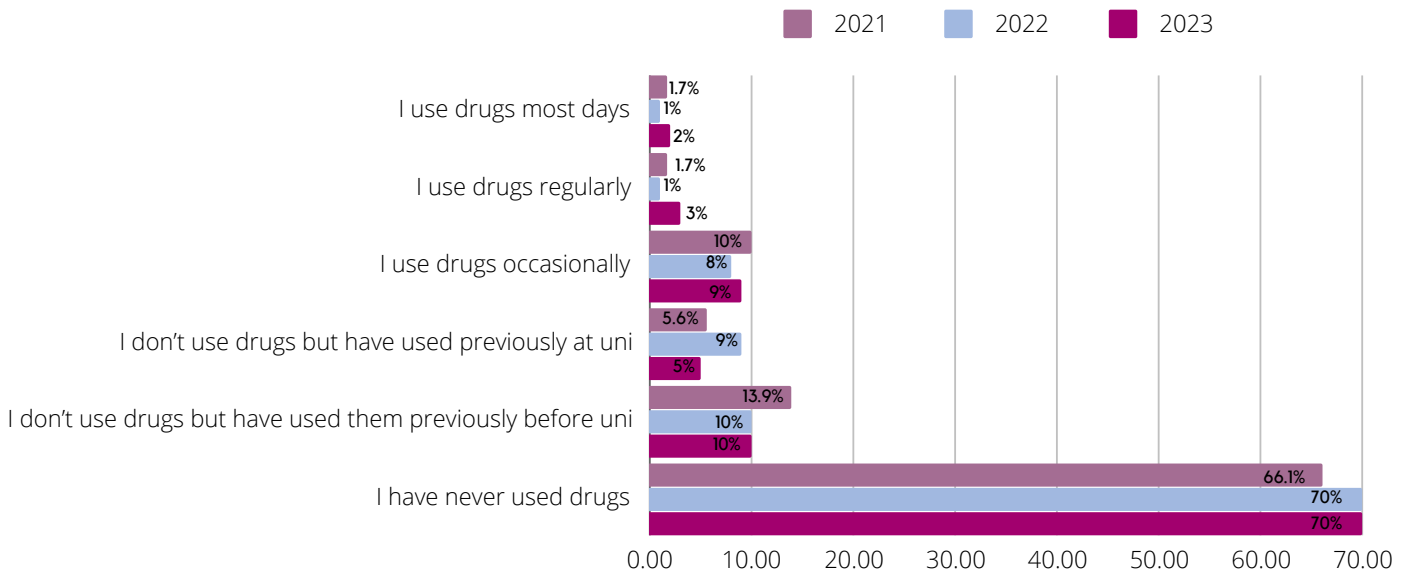
Student drug use isn't as problematic as is widely thought



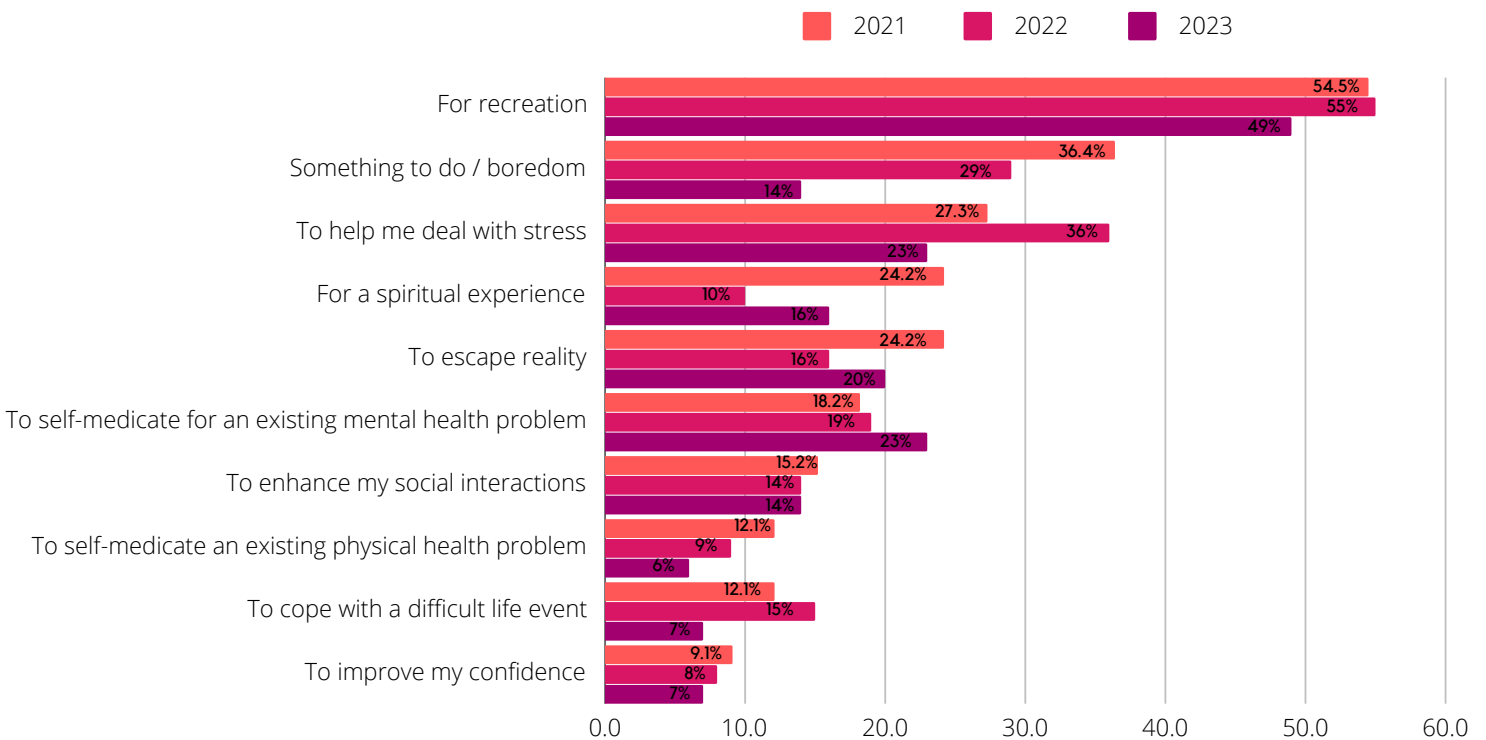


DRUG USE

Which of the following best describes your current frequency of drug use?



Which of the following best describes why you use/have used in the past

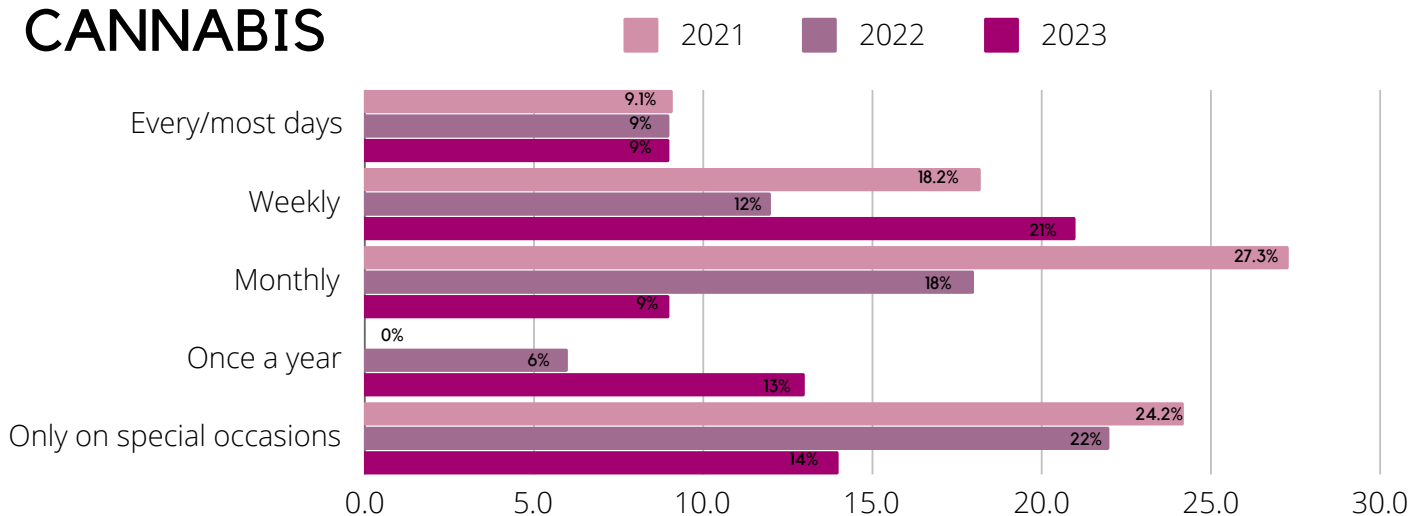




DRUG USE

Still thinking about your time at university, which of the following best describes your frequency of particular drug use? *(only participants who selected that they use or have used drugs)*

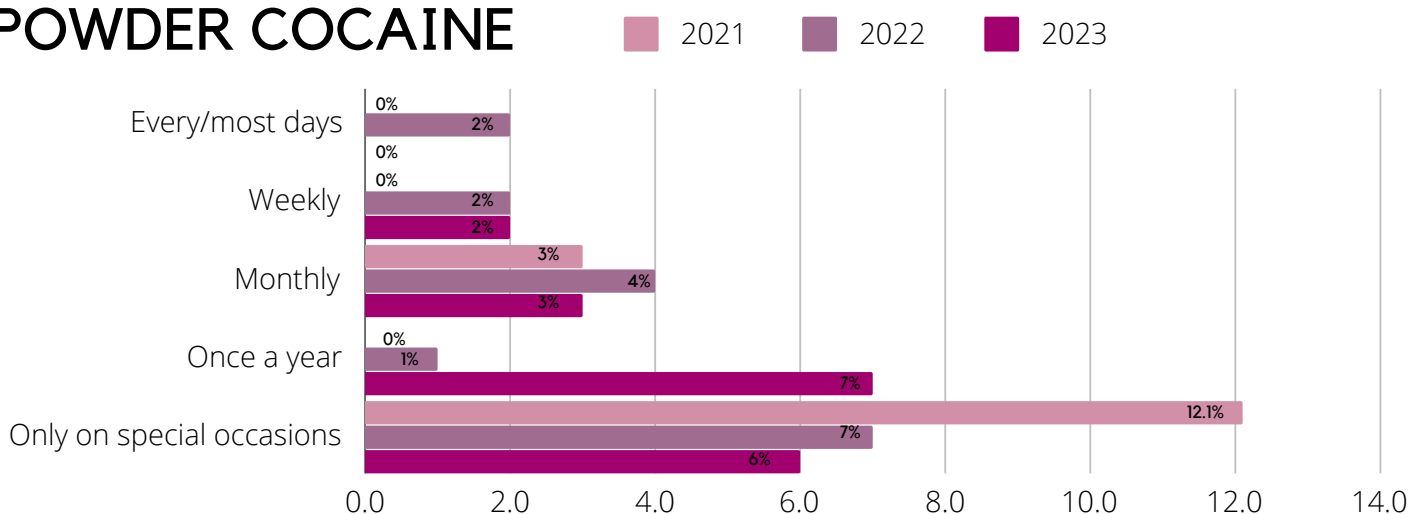
CANNABIS



23% have used in the past but don't anymore, 11% have never used

The majority of respondents (42%) were 16-18 years old when they first used cannabis

POWDER COCAINE

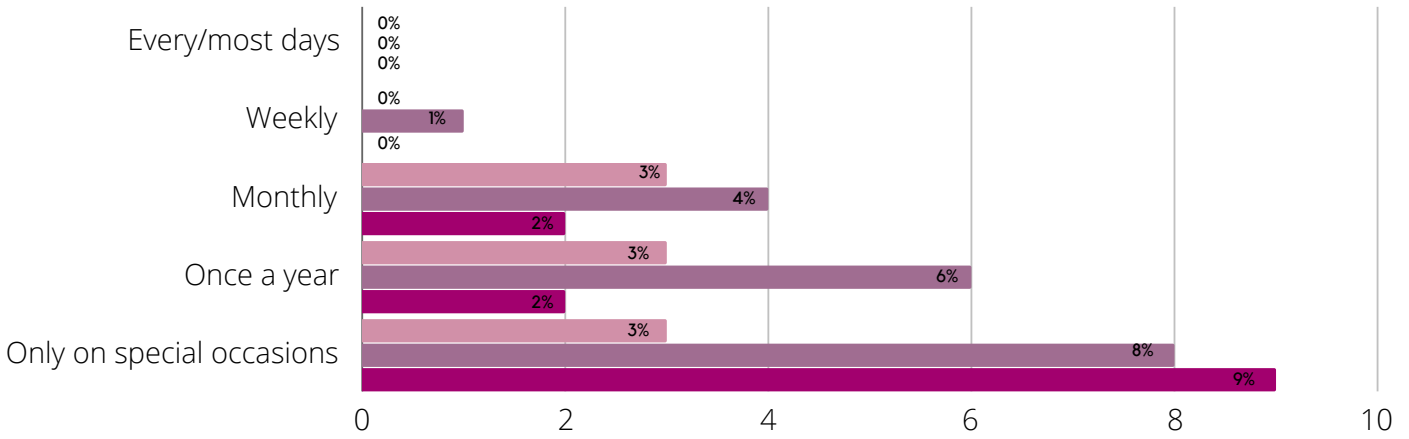


16% have used in the past but don't anymore, 66% have never used

The majority of respondents (18%) were 16-18 years old when they first used powder cocaine

ECSTASY/MDMA

2021 2022 2023

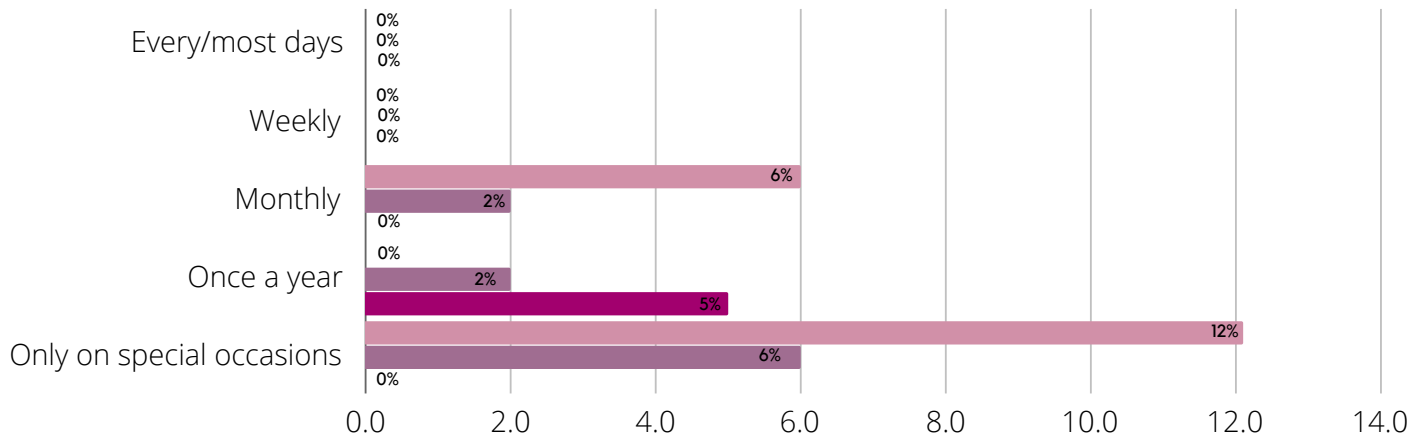


9% have used in the past but don't anymore, 79% have never used

The majority of respondents (11%) were 16-18 years old when they first used ecstasy/MDMA

LSD

2021 2022 2023

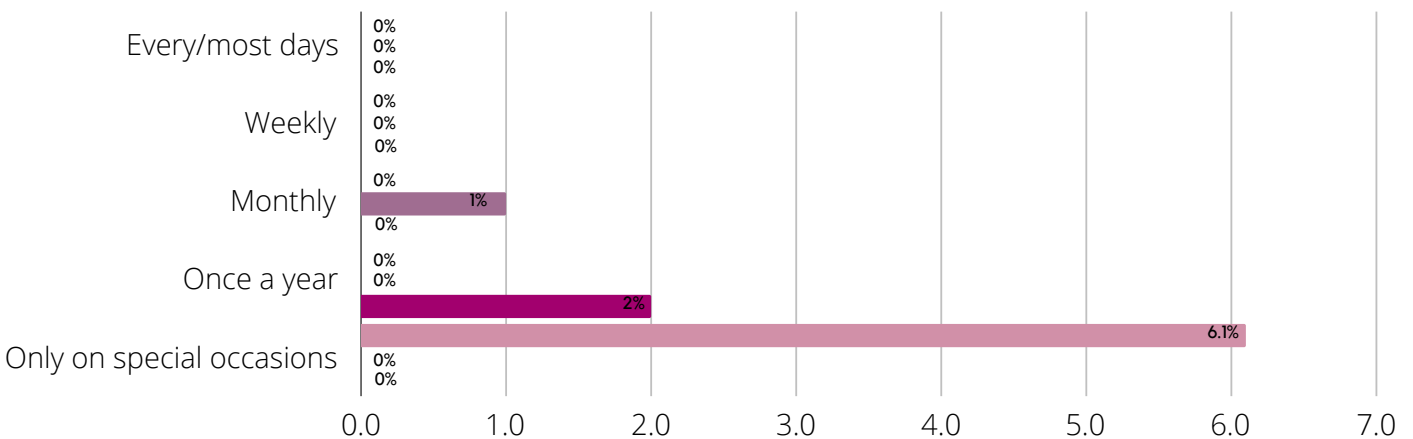


11% have used in the past but don't anymore, 83% have never used

The majority of respondents (9%) were 16-18 years old when they first used LSD

MEPHEDRONE

2021 2022 2023

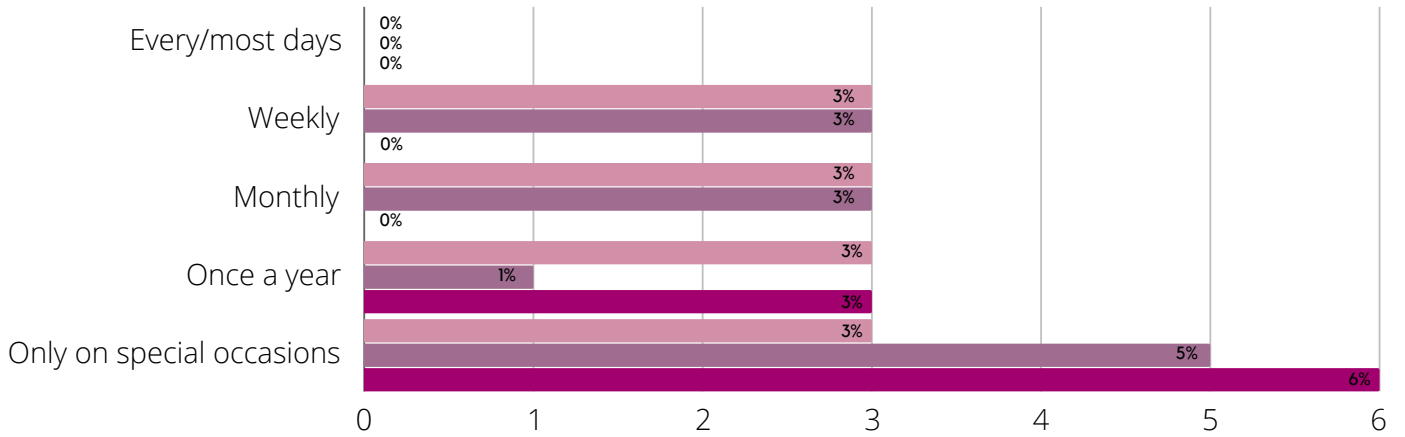


2% have used in the past but don't anymore, 97% have never used

The majority of respondents (2%) were 22-24 years old when they first used mephedrone

KETAMINE

2021 2022 2023

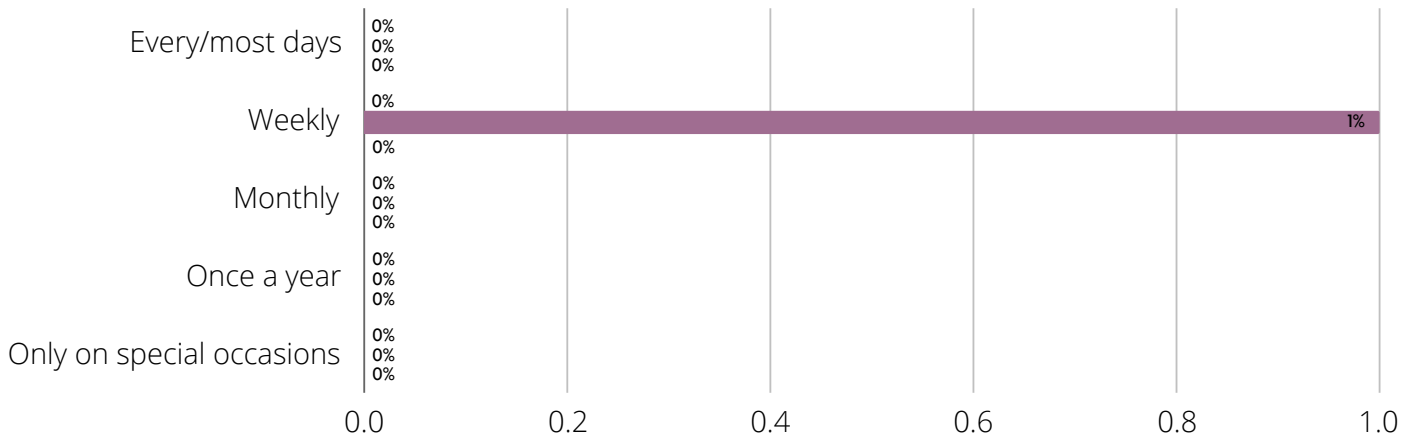


15% have used in the past but don't anymore, 76% have never used

The majority of respondents (13%) were 16-18 years old when they first used ketamine

HEROIN

2021 2022 2023

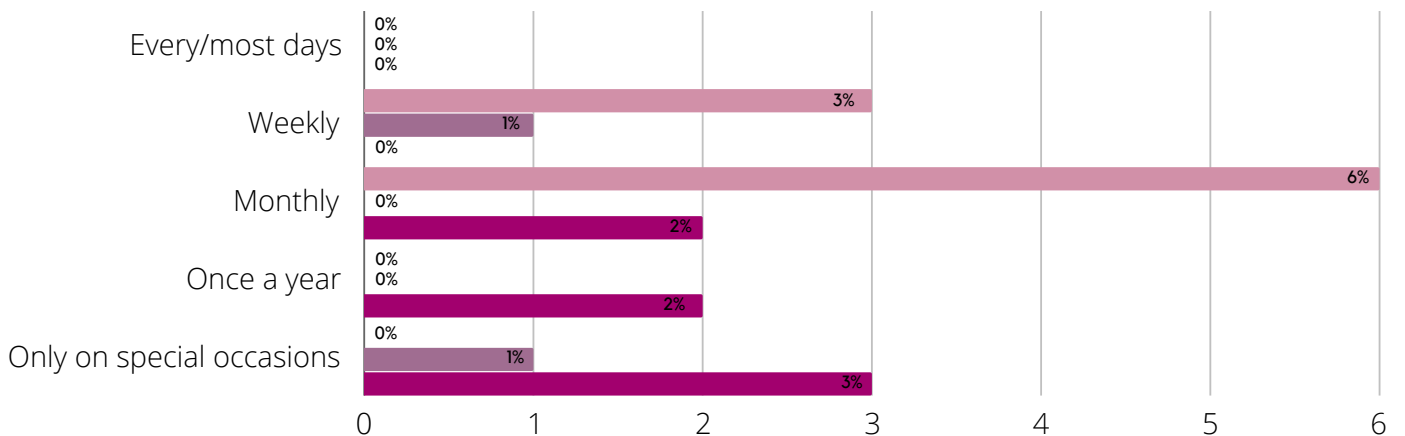


0% have used in the past but don't anymore, 100% have never used

The majority of respondents (2%) were 25+ years old when they first used heroin

NON-PRESCRIBED OPIATES

2021 2022 2023

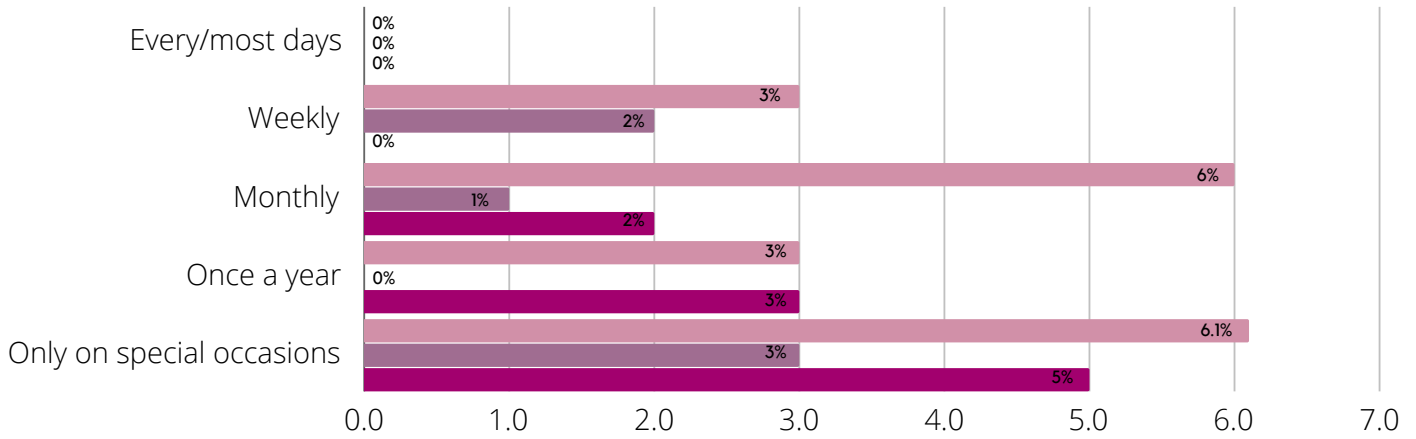


3% have used in the past but don't anymore, 91% have never used

The majority of respondents (6%) were 16-18 years old when they first used non-prescribed opiates

NPS/LEGAL HIGHS

2021 2022 2023

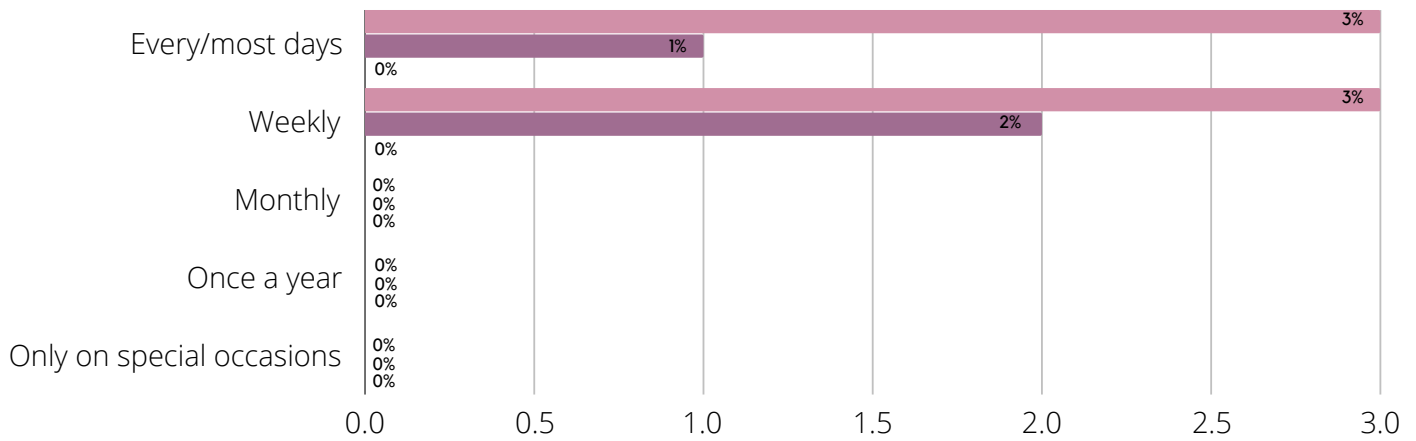


6% have used in the past but don't anymore, 85% have never used

The majority of respondents (6%) were 19-21 years old when they first used NPS/legal highs

TESTOSTERONE

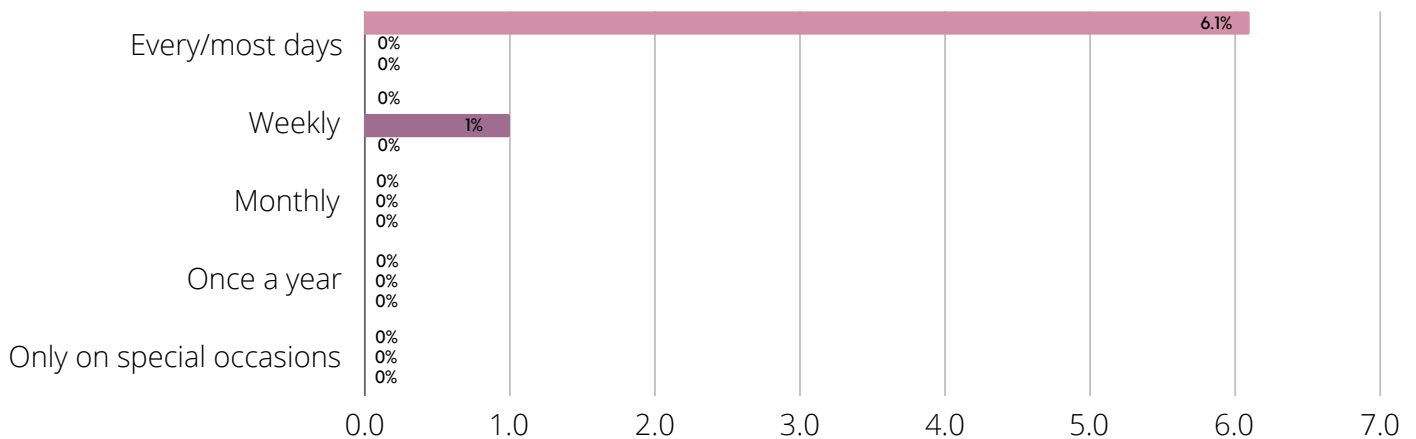
2021 2022 2023



0% have used in the past but don't anymore, 100% have never used

NON-PRESCRIBED ANABOLIC STEROIDS

2021 2022 2023

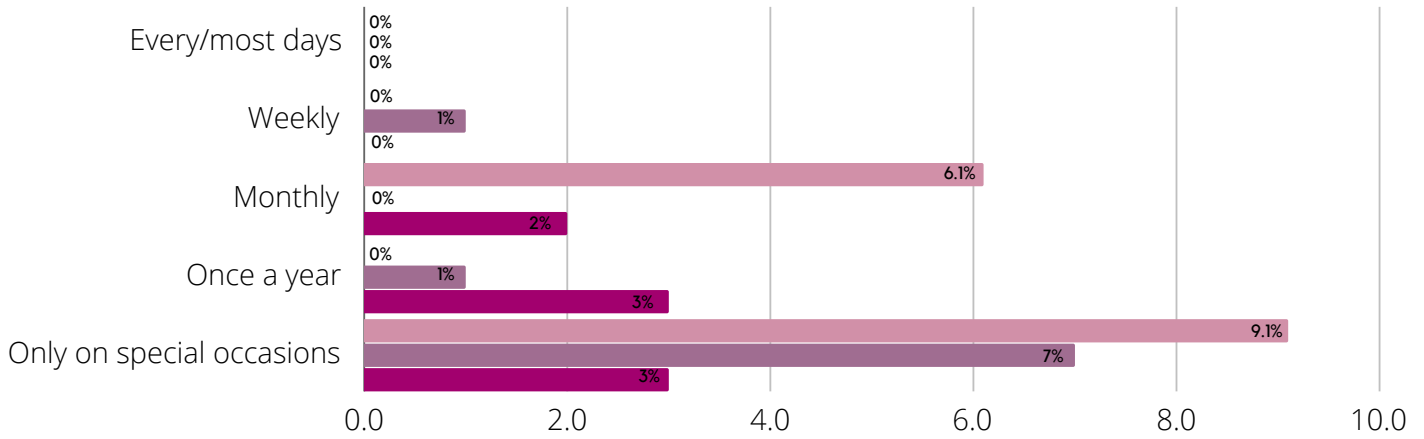


2% have used in the past but don't anymore, 99% have never used

The majority of respondents (2%) were 25+ years old when they first used non-prescribed anabolic steroids

NITROUS OXIDE/ 'LAUGHING GAS'

2021 2022 2023

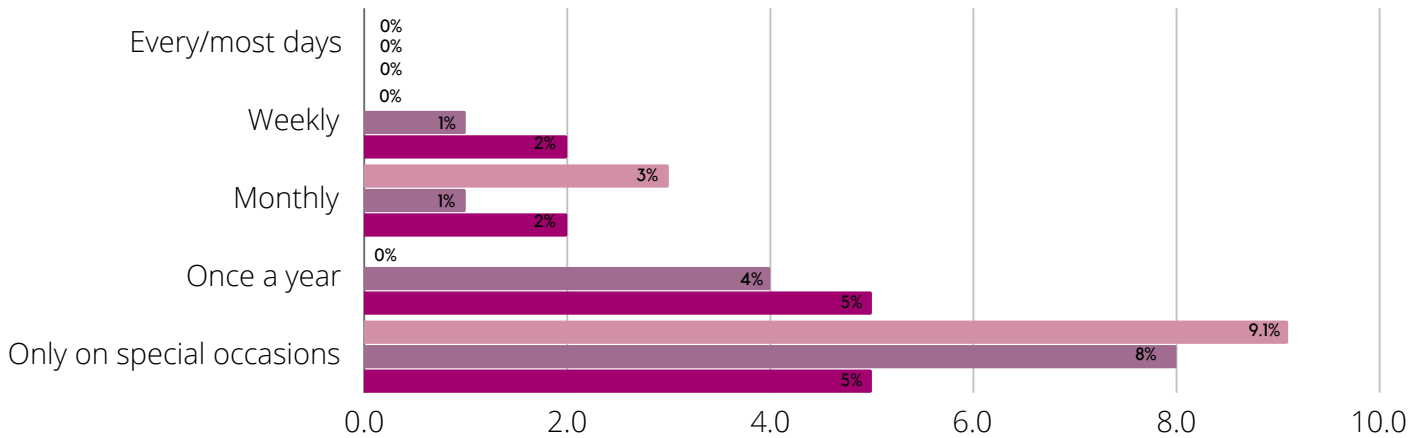


8% have used in the past but don't anymore, 85% have never used

The majority of respondents (11%) were 16-18 years old when they first used nitrous oxide

PSILOCYBIN/'MAGIC MUSHROOMS'

2021 2022 2023

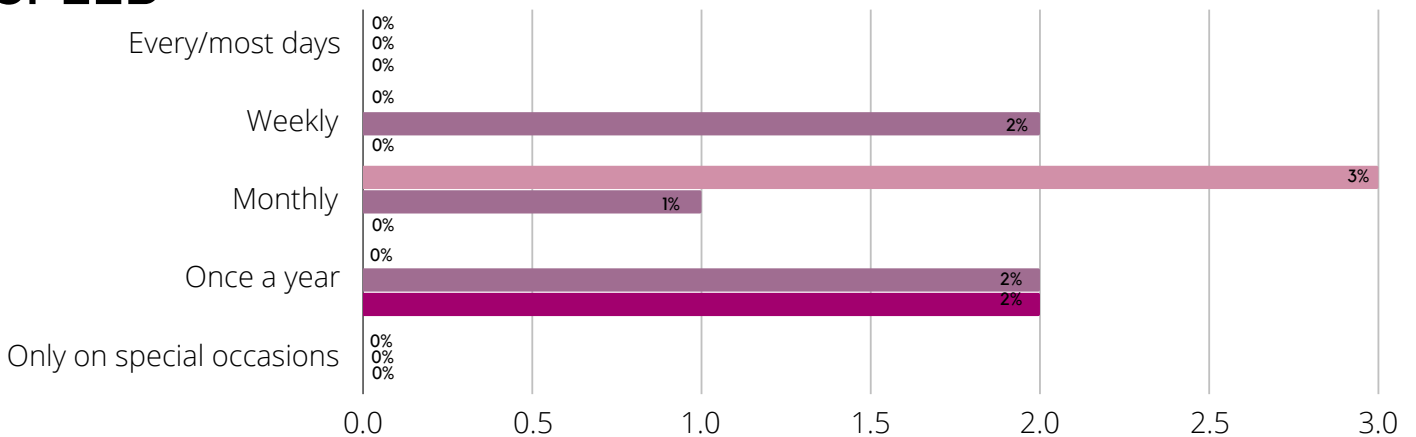


6% have used in the past but don't anymore, 82% have never used

The majority of respondents (9%) were 19-21 years old when they first used psilocybin

AMPHETAMINE/ 'SPEED'

2021 2022 2023

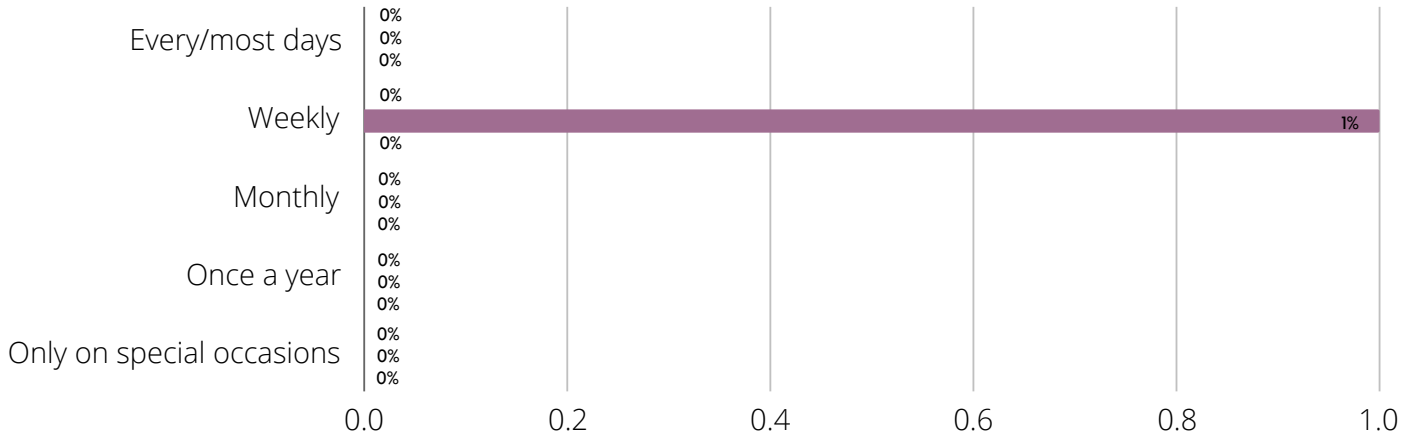


6% have used in the past but don't anymore, 93% have never used

The majority of respondents (6%) were 16-21 when they first used amphetamine

GHB/GBL

2021 2022 2023

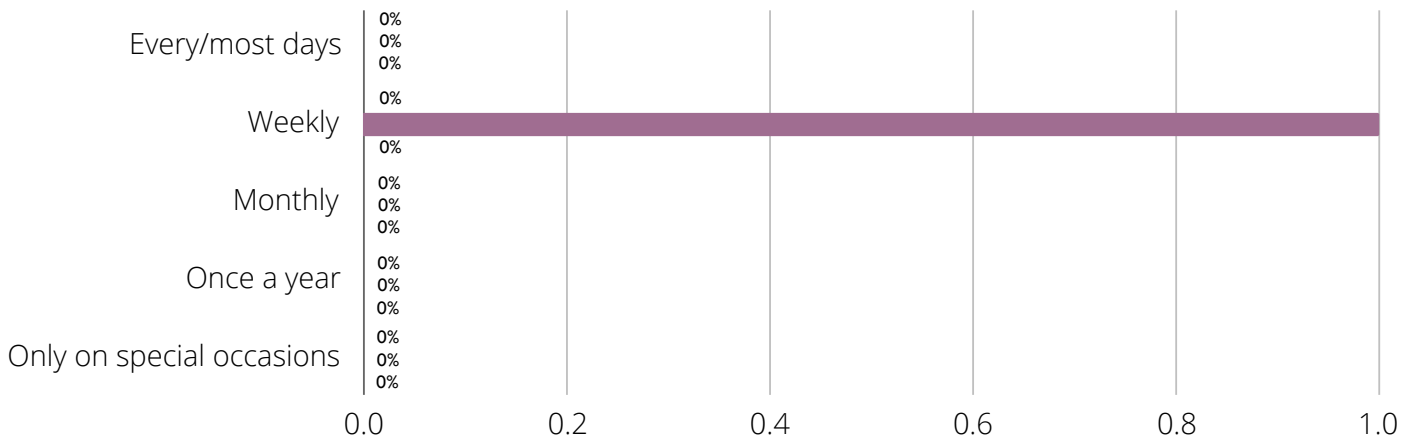


2% have used in the past but don't anymore, 99% have never used

The majority of respondents (3%) were 25+ years old when they first used GHB/GBL

METHAMPHETAMINE/ 'CRYSTAL METH'

2021 2022 2023

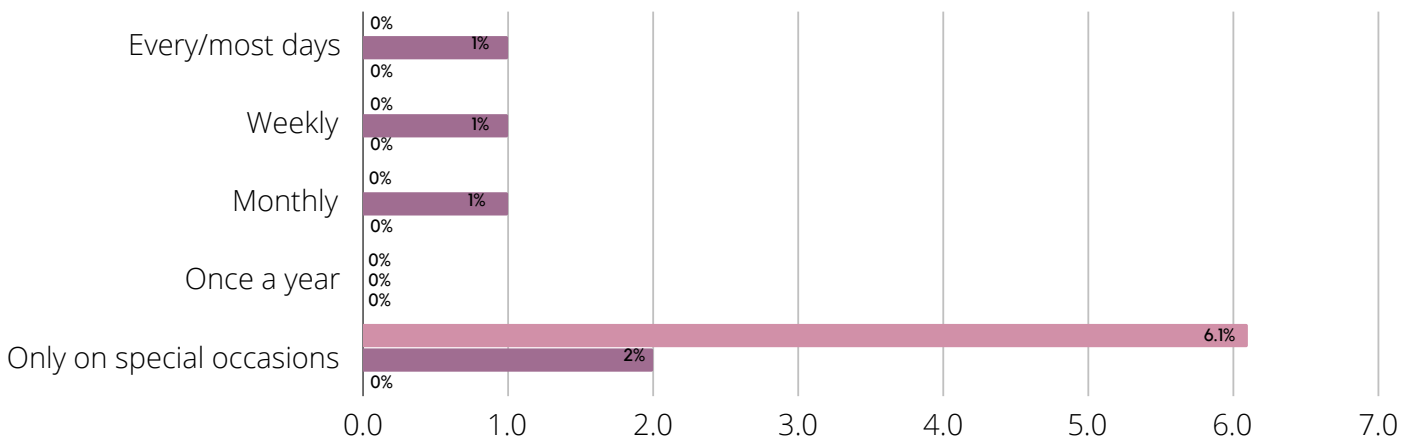


2% have used in the past but don't anymore, 99% have never used

The majority of respondents (2%) were 25+ years old when they first used methamphetamine

NON-PRESCRIBED STUDY DRUGS

2021 2022 2023

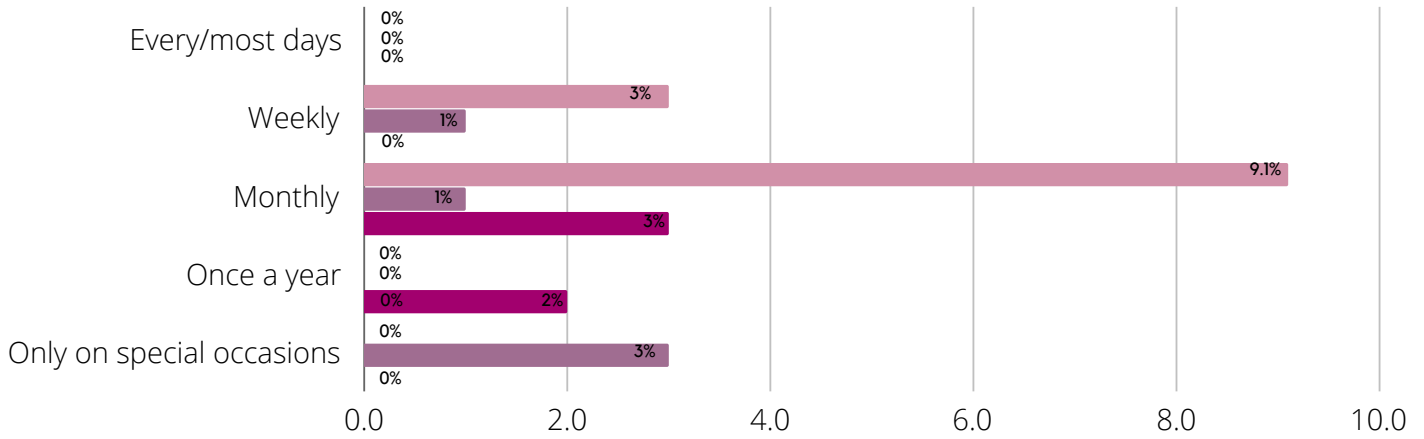


3% have used in the past but don't anymore, 97% have never used

The majority of respondents (3%) were 25+ years old when they first used non-prescribed study drugs

NON-PRESCRIBED BENZODIAZEPINES

2021 2022 2023

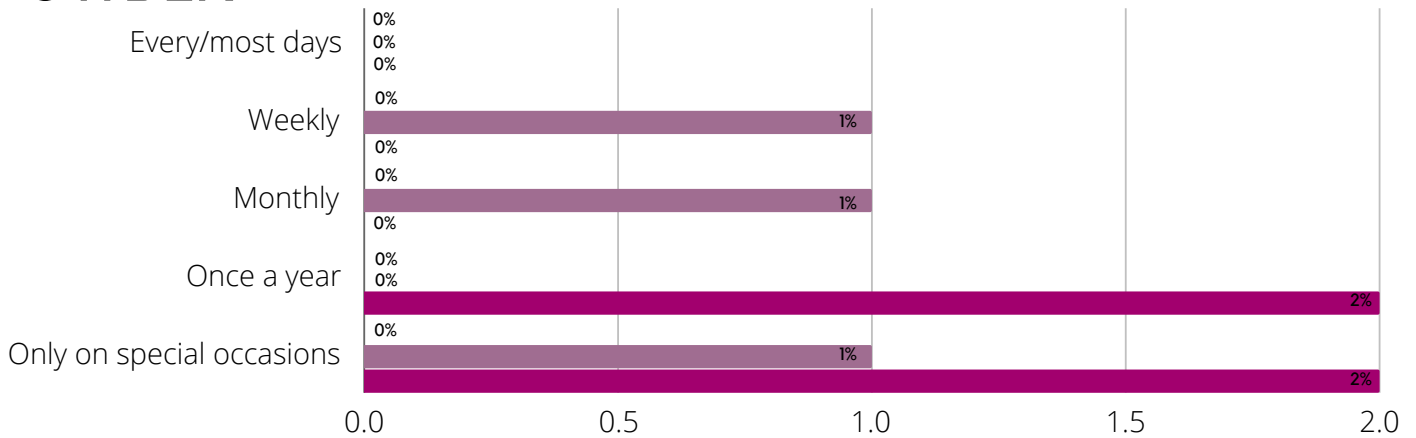


2% have used in the past but don't anymore, 94% have never used

The majority of respondents (3%) were 25+ years old when they first used non-prescribed benzodiazepines

MYSTERY/UNKNOWN POWDER

2021 2022 2023

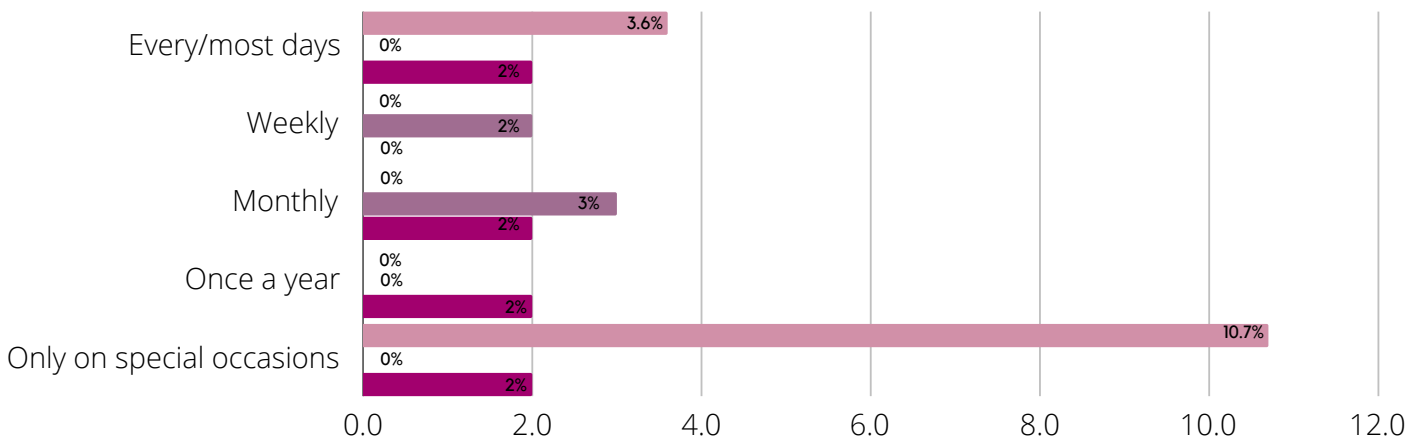


6% have used in the past but don't anymore, 91% have never used

The majority of respondents (5%) were 19-21 years old when they first used mystery/unknown powder

OTHER

2021 2022 2023



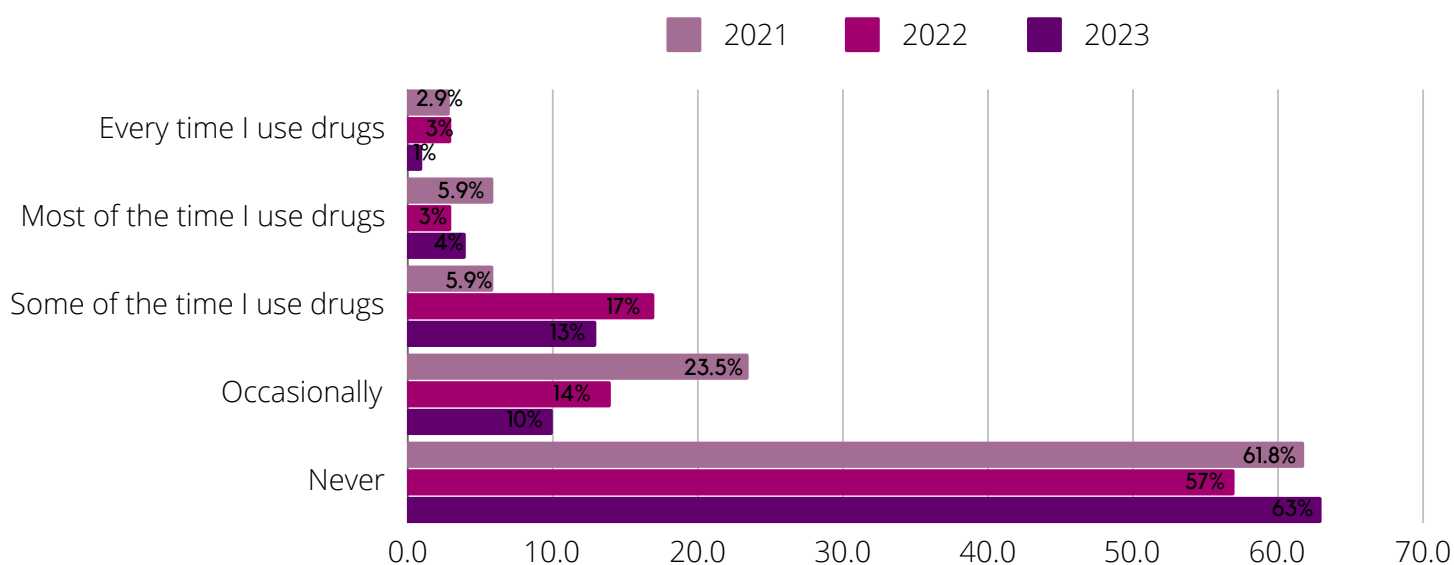
4% have used in the past but don't anymore, 88% have never used

Other include: "2CB", "Poppers", "Prescribed antidepressants", "DMT", "dried leaves"



POLY DRUG USE

Thinking about your time at university, approximately how often, if at all, do you use two or more drugs at one time?



You said you have used two or more drugs at one time. Which combinations of drugs have you used most often?

- Cannabis + alcohol (7 responses)
- Cocaine + Cannabis + MDMA (3 responses)
- Cannabis + NOS (1 response)
- Cannabis + LSD (1 response)
- Cannabis + Psilocybin (1 response)
- Ketamine + alcohol (1 response)
- 2CB + MDMA (1 response)
- DMT + MDMA + alcohol (1 response)
- Ketamine + Cocaine + alcohol (1 response)

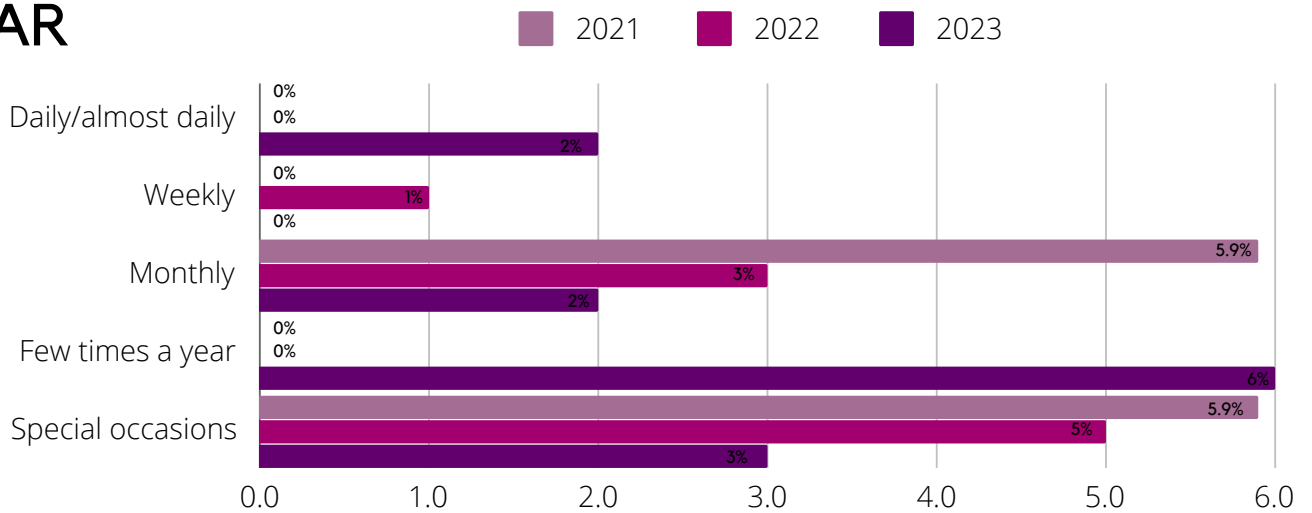
Cannabis was found to be the most common substance to mix with alcohol



DRUG USE

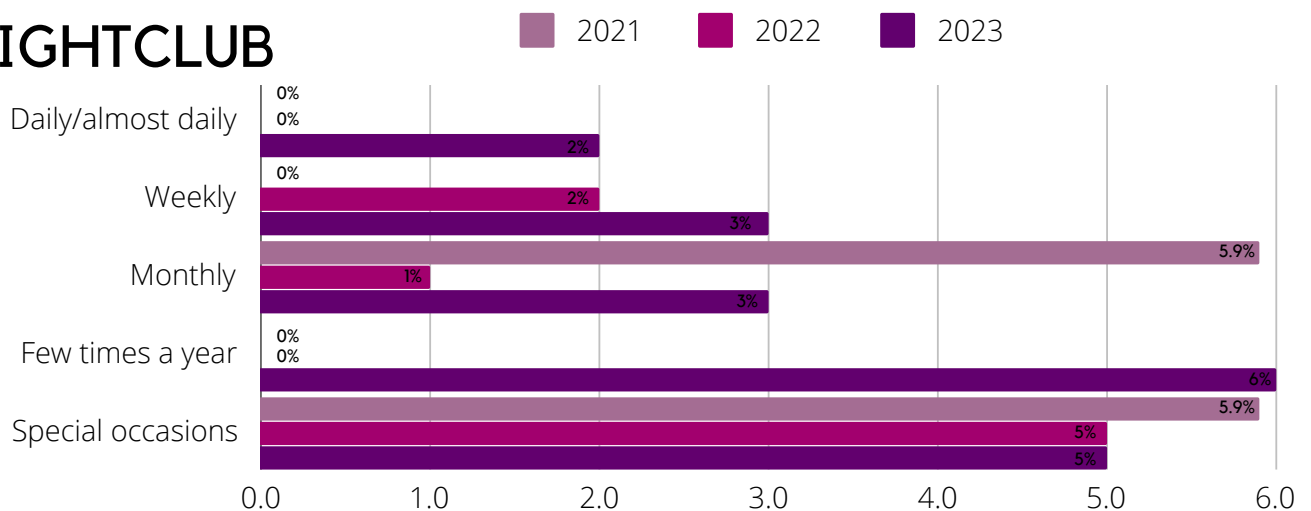
Thinking of the time since you have been at university, approximately how often do you tend to take drugs in each of the following places?

SU BAR



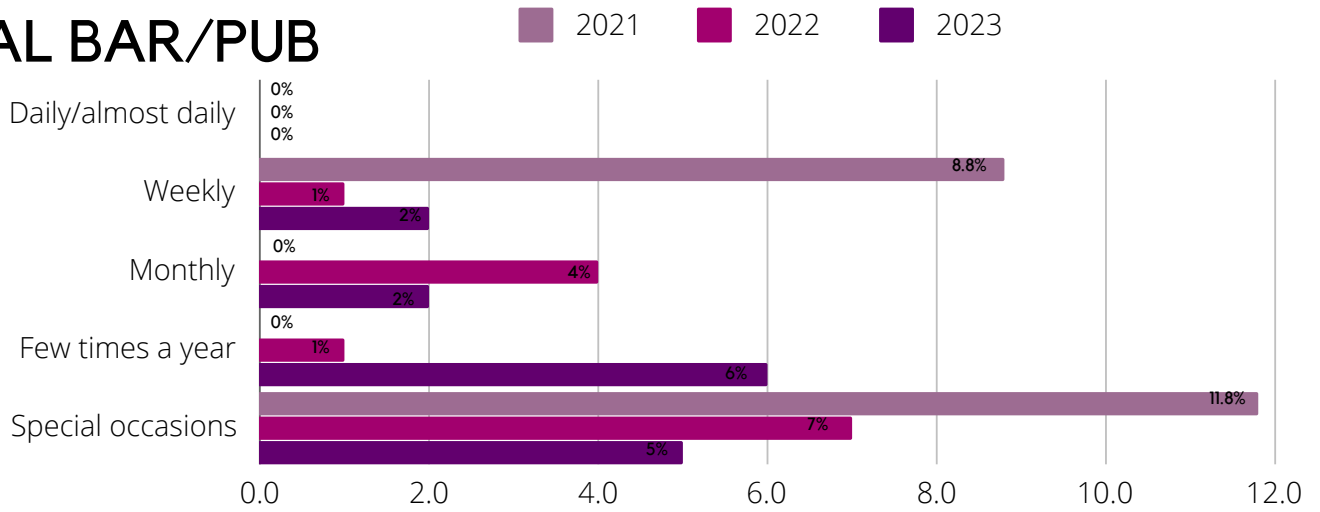
2% have used in the past but don't anymore, 85% have never used in this location

SU NIGHTCLUB



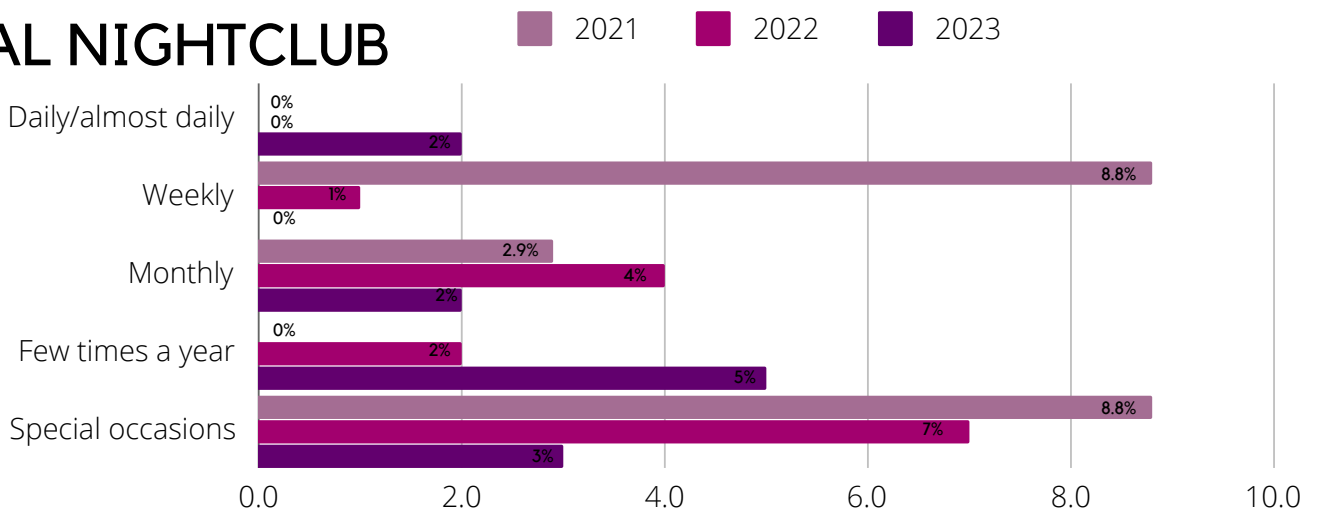
3% have used in the past but don't anymore, 76% have never used in this location

LOCAL BAR/PUB



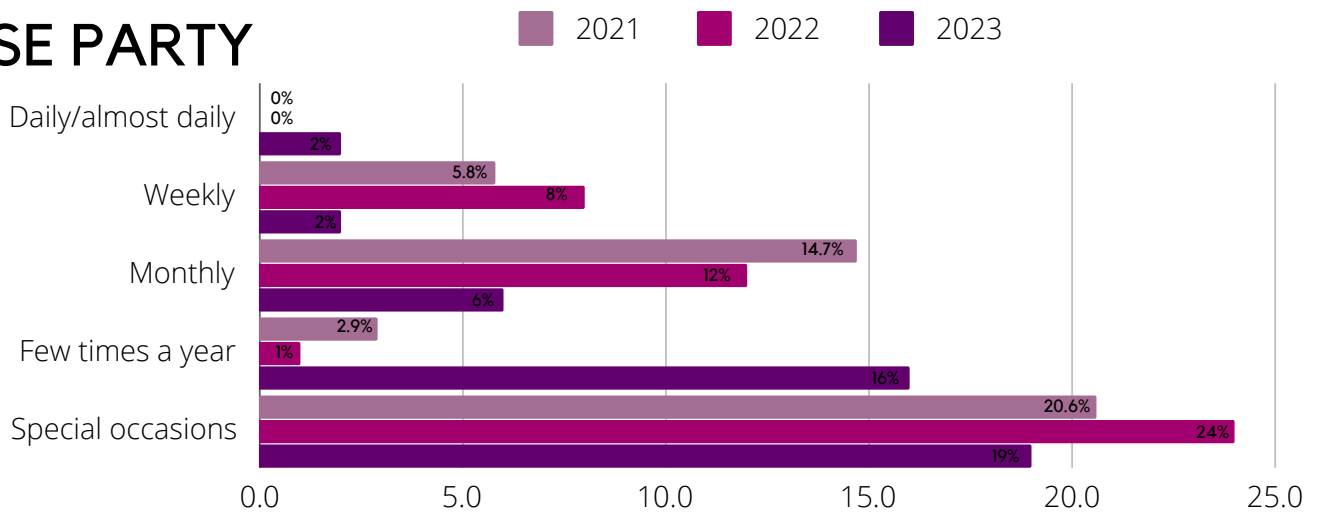
5% have used in the past but don't anymore, 80% have never used in this location

LOCAL NIGHTCLUB



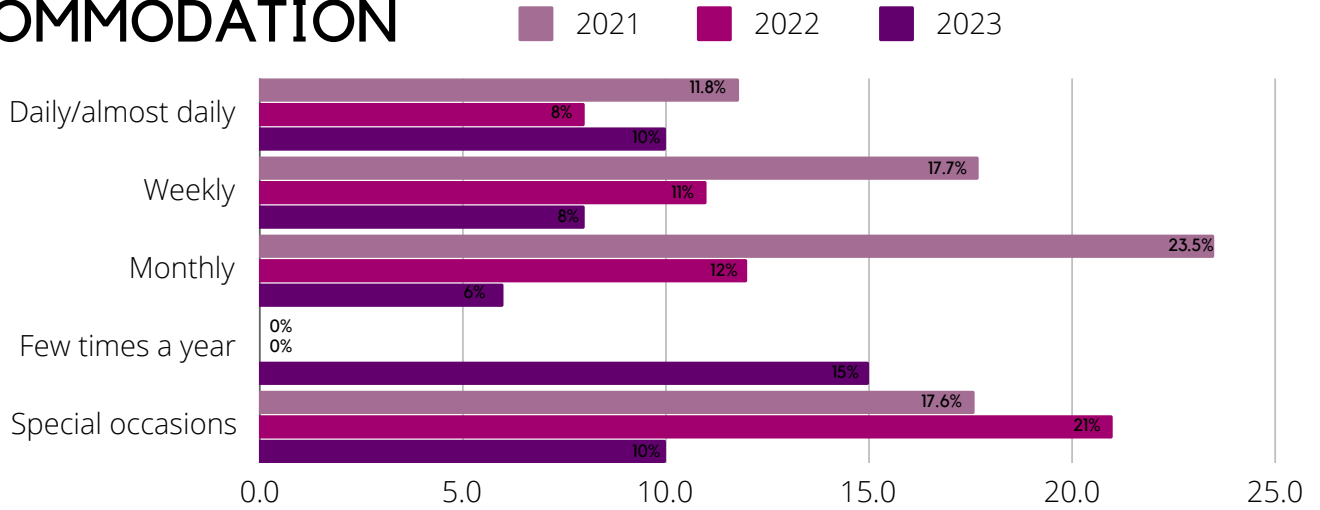
3% have used in the past but don't anymore, 85% have never used in this location

HOUSE PARTY



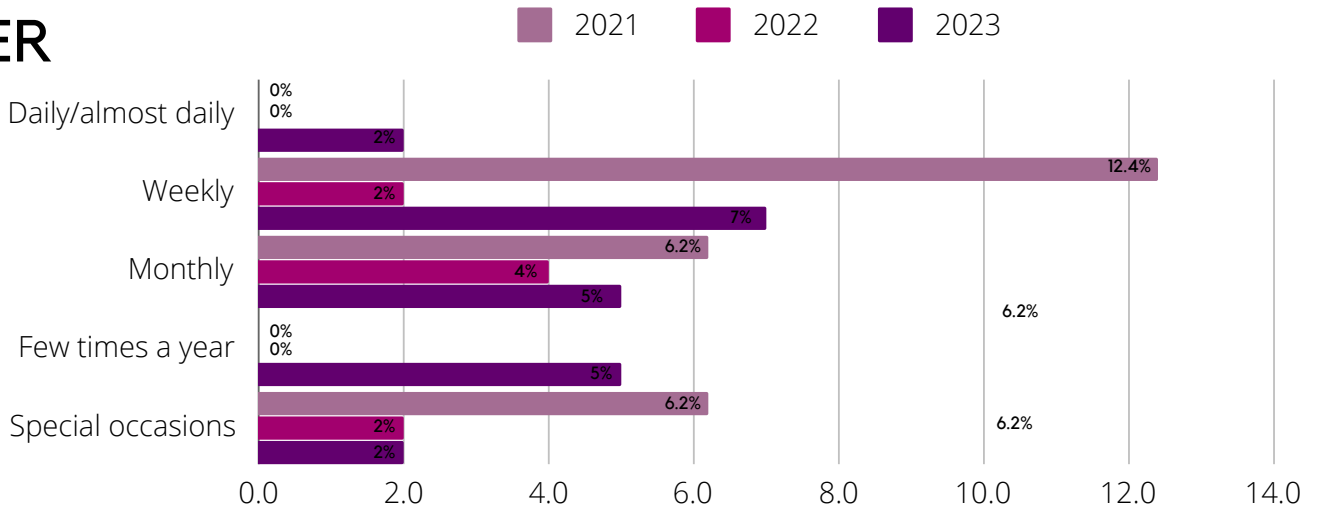
10% have used in the past but don't anymore, 44% have never used in this location

STAY AT HOME / IN MY ACCOMMODATION



18% have used in the past but don't anymore, 31% have never used in this location

OTHER



5% have used in the past but don't anymore, 71% have never used in this location

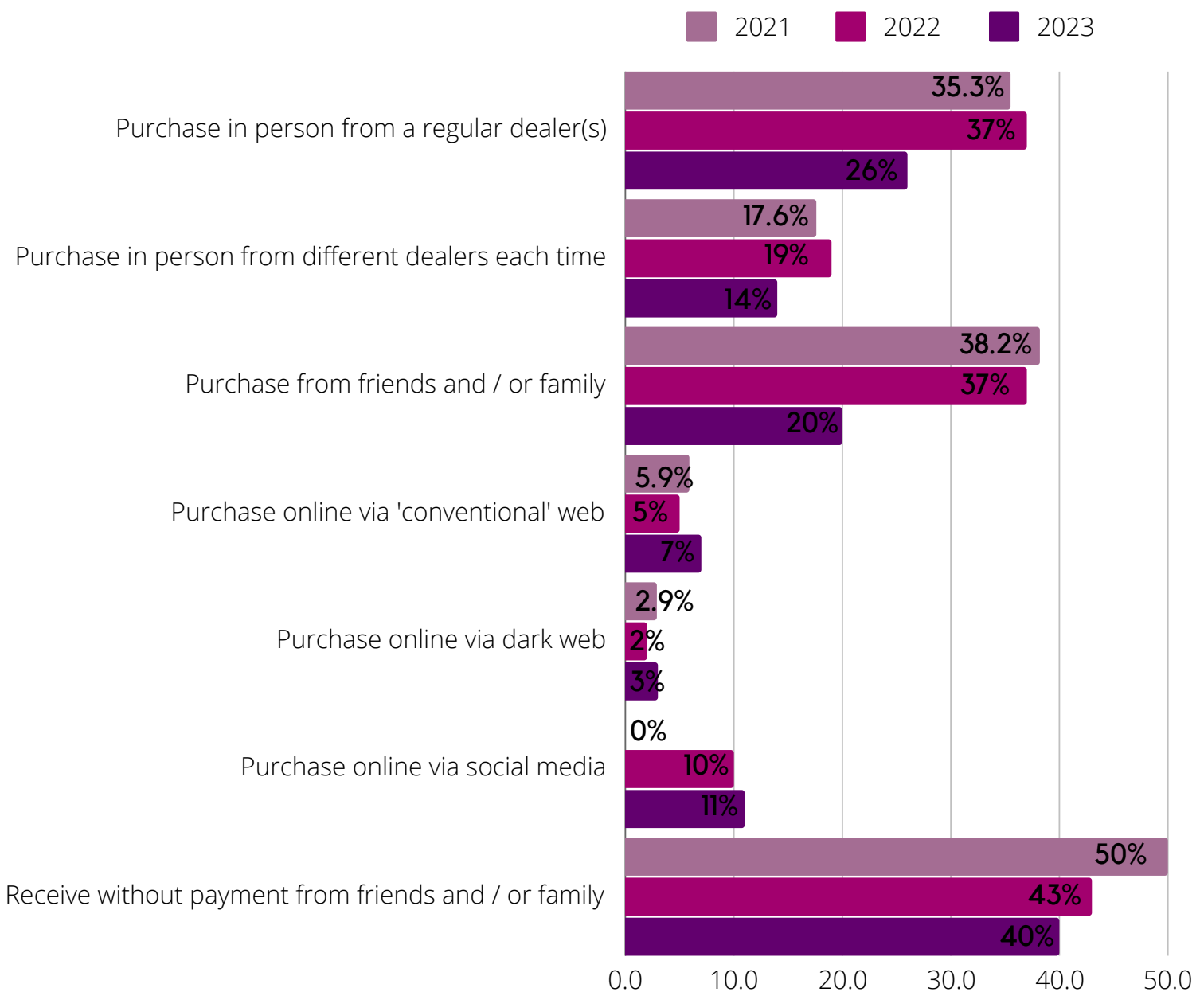
'Other' responses include:

- "Friend's house" (5 responses)
- "Rave"
- "Festivals"
- "Park"



AQUISITION OF DRUGS

Thinking of your experiences since you started university, which of the following describes where or how you acquire drugs?





DRUG ADVICE

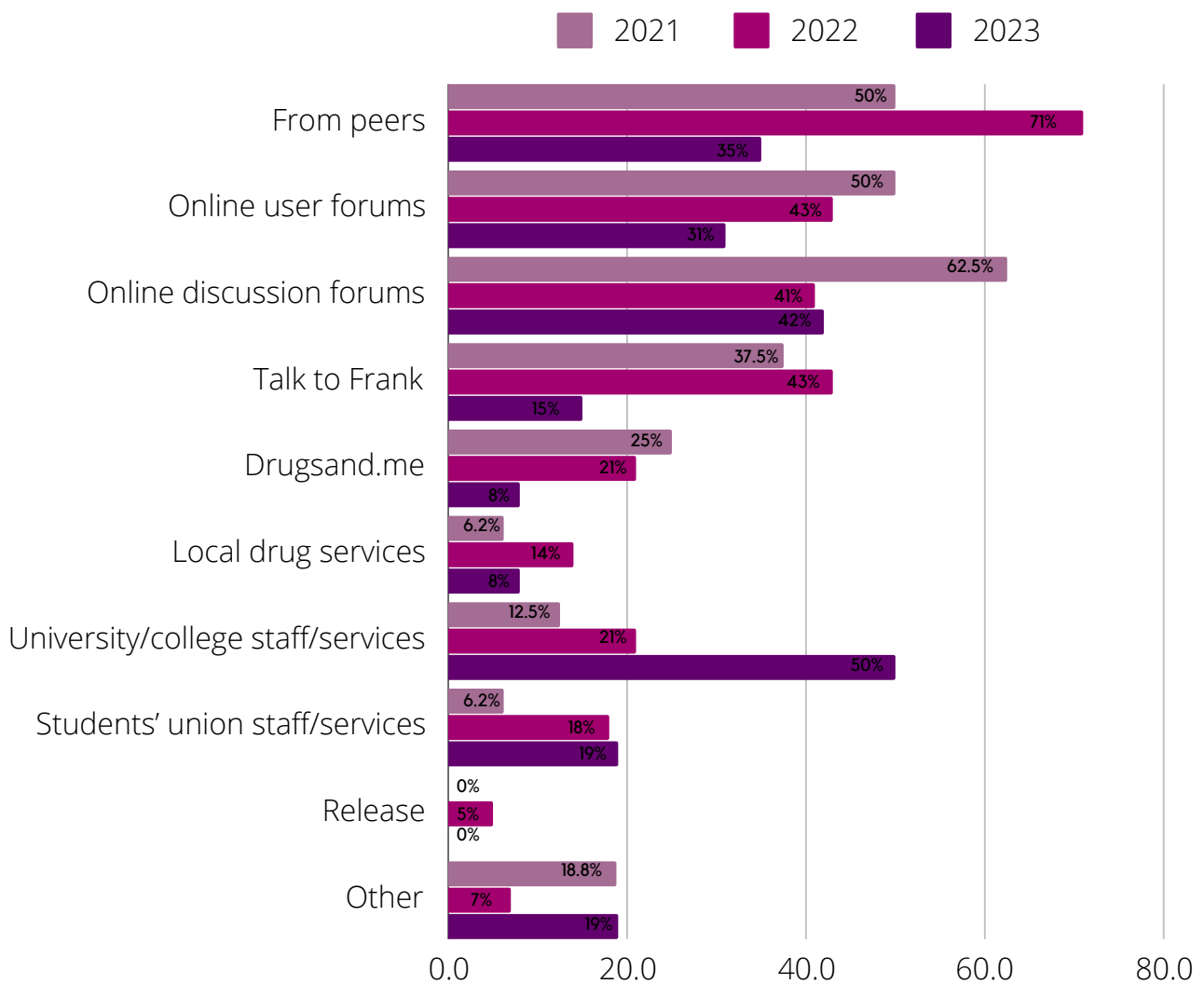
Which of the following statements best describes your access to advice on drugs?

- I don't know where to access any advice on or educational information about drugs (informally or formally) and don't need to: **35% (2021: 33.3%; 2022: 32%)**
- I don't know where to access any advice on or educational information about drugs (informally or formally) but would like to: **2% (2021: 4%; 2022: 4%)**
- I know where to access any advice on or educational information about drugs (informally or formally) but don't need it: **56% (2021: 53.7%; 2022: 54%)**
- I know where to access any advice on or educational information about drugs (informally or formally) and have used it: **8% (2021: 9%; 2022: 10%)**



DRUG ADVICE

Which of the following best describes where you access drug advice and information?



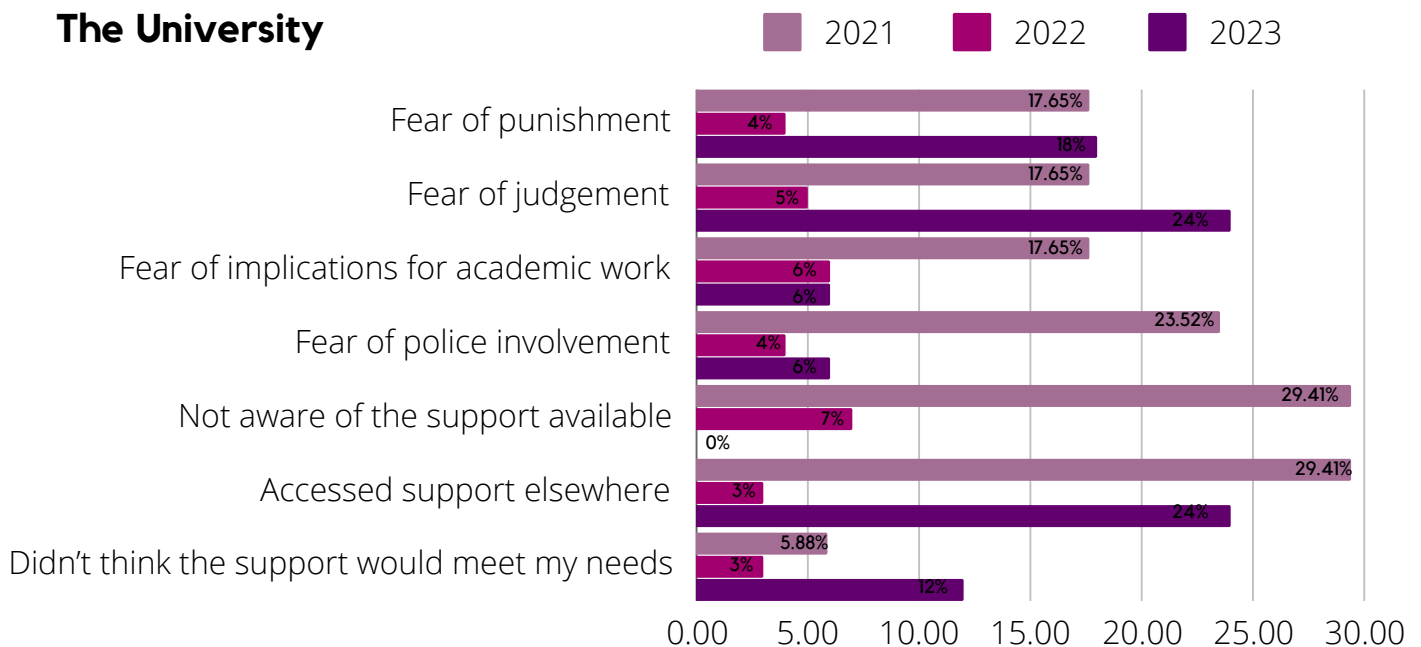
Other: "Doctor", "YouTube", "other websites"



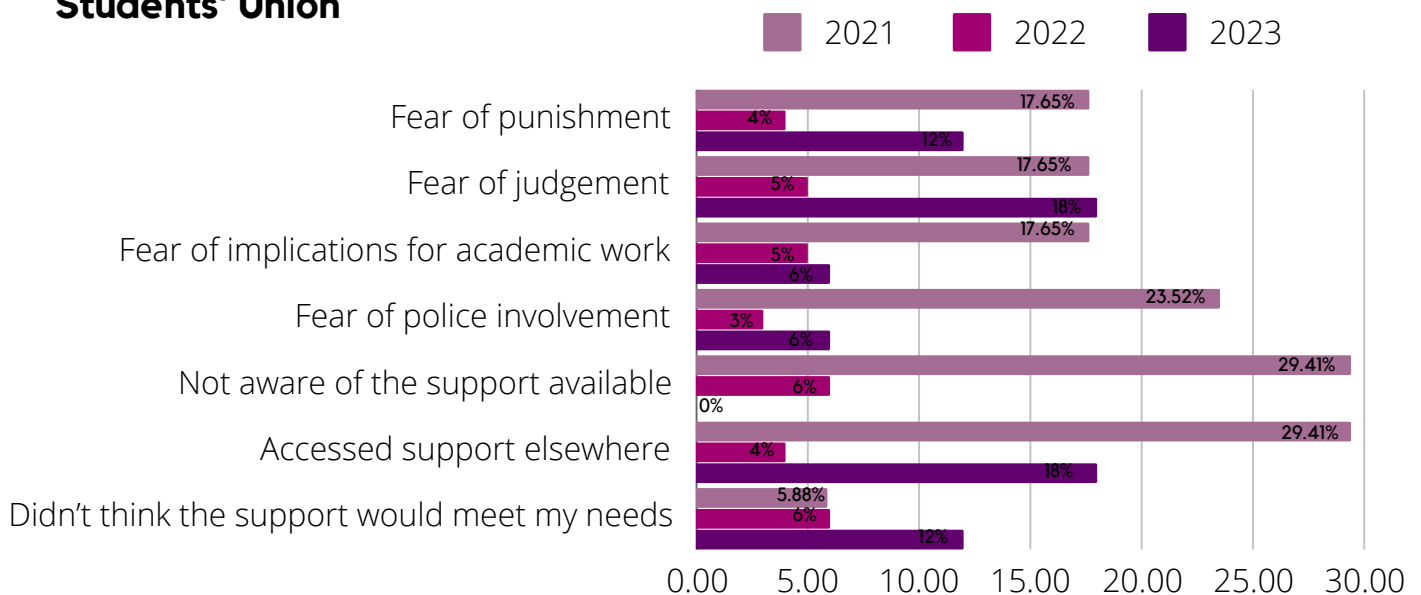
DRUG ADVICE

You said you have used drug information and advice services but not those offered by your university or students' union. Which of the following reasons best describes why you haven't used drug information and advice services offered by your university or students' union?

The University



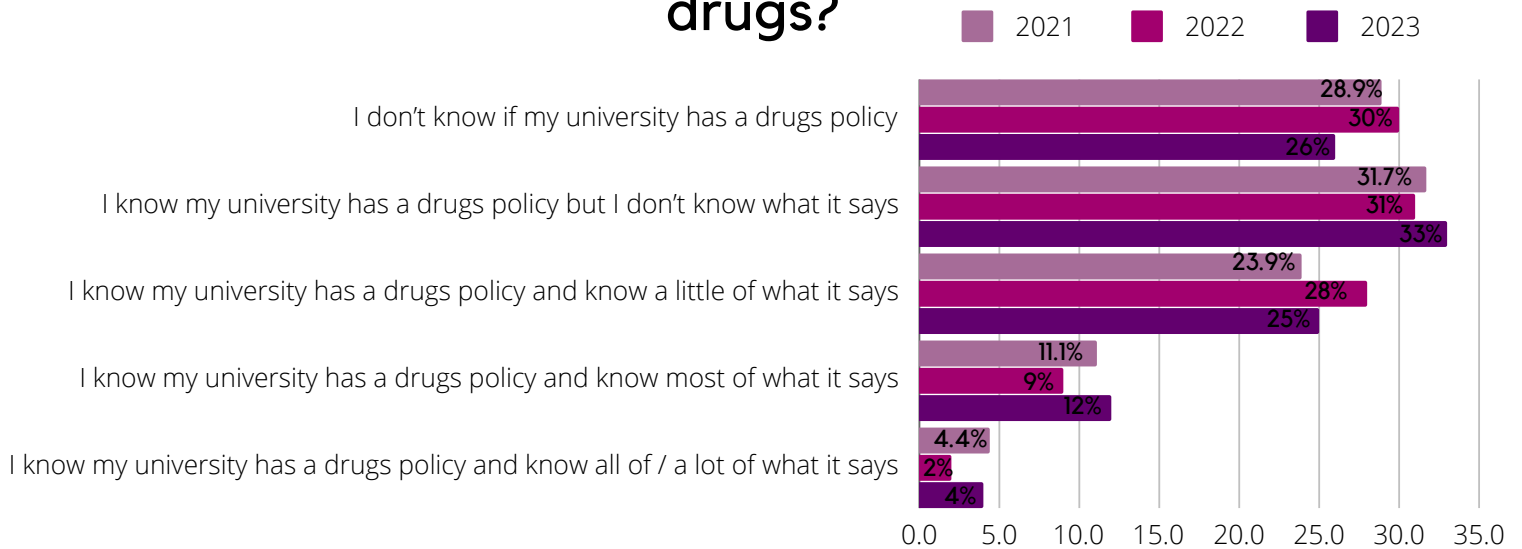
Students' Union



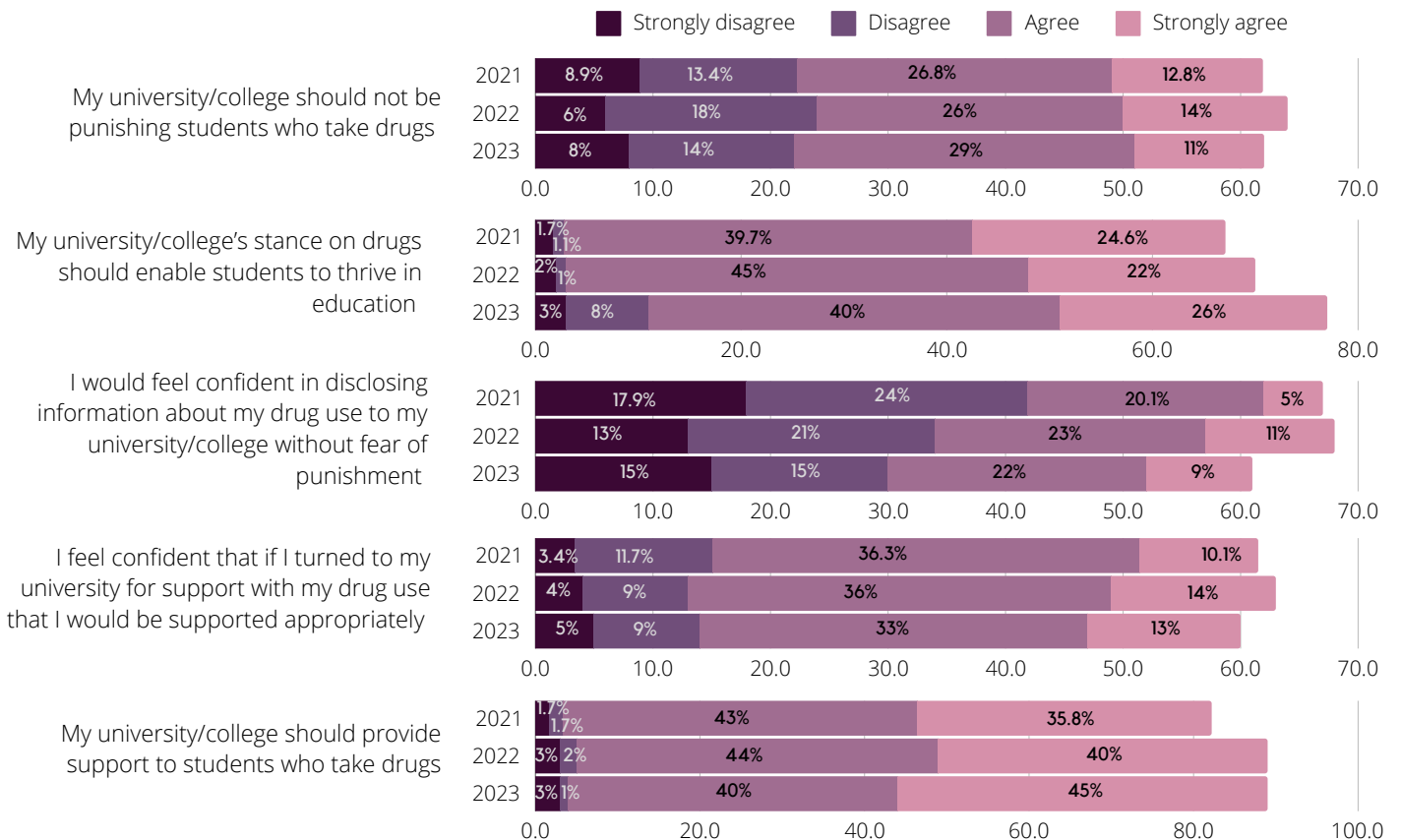


KEELE'S APPROACH

How much, if anything, do you know about the policy/policies your university/college has on drugs?



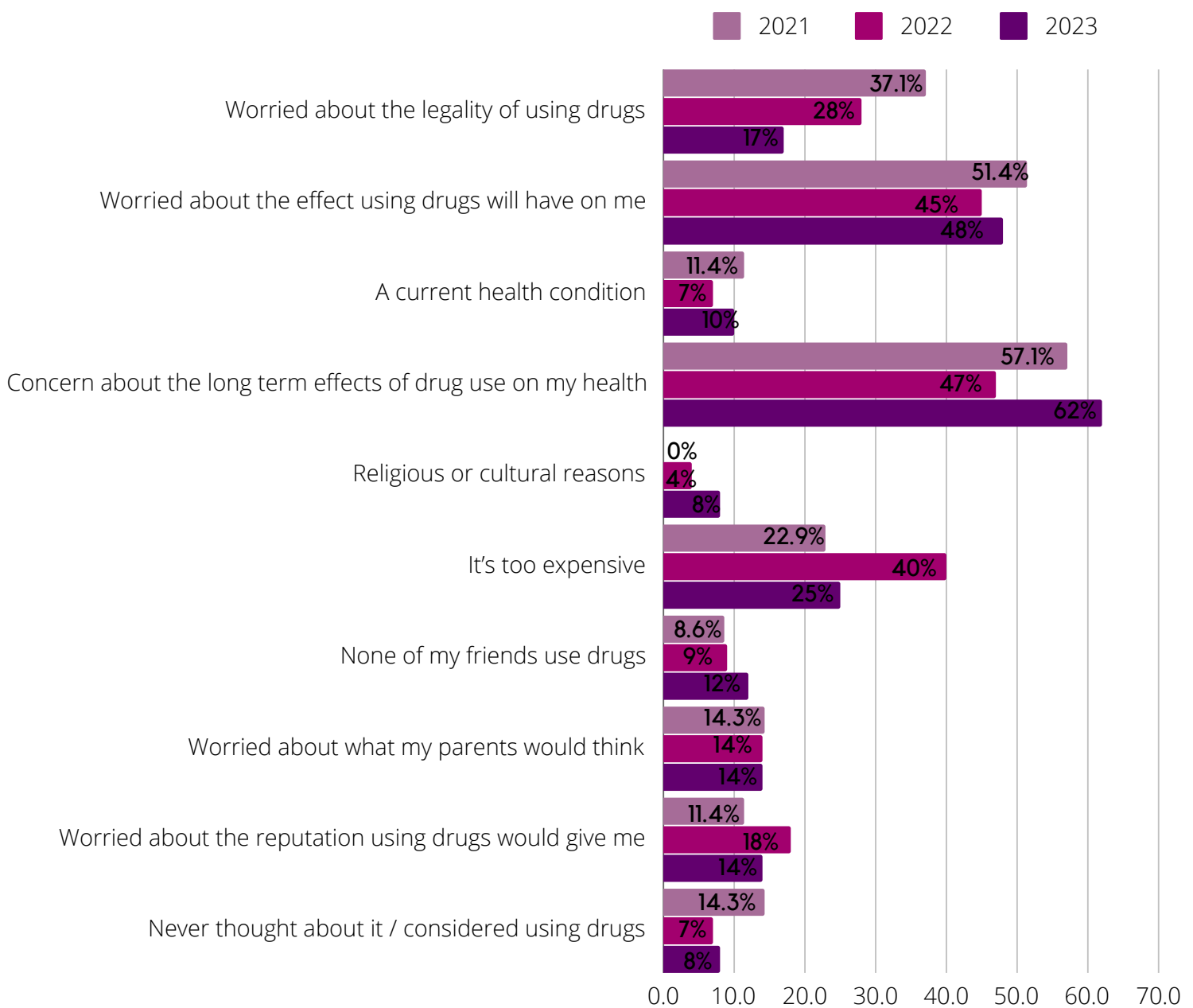
To what extent, if at all, do you agree with the following statements?





NON DRUG USERS

What would you say are your main reasons for not using drugs or stopping using drugs?

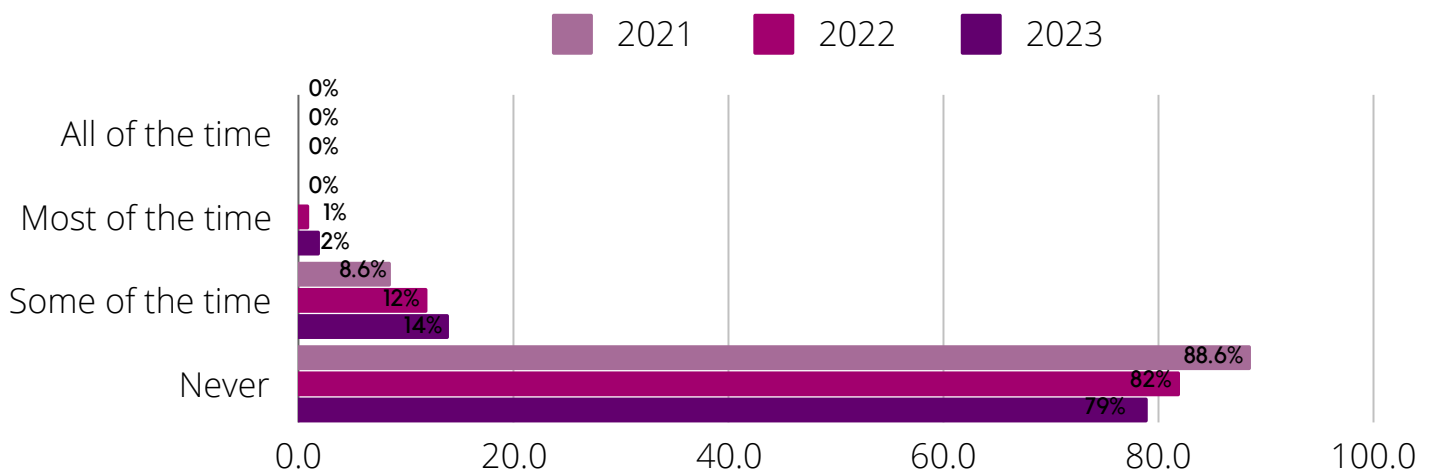


Other: "don't like them", "can't access them", "don't enjoy it"



NON DRUG USERS

Thinking about the most recent university term, when you were socialising with other students, how often did you feel that your friends expected you to use drugs?



Any other comments or feedback on your experiences of drugs during your time at university...

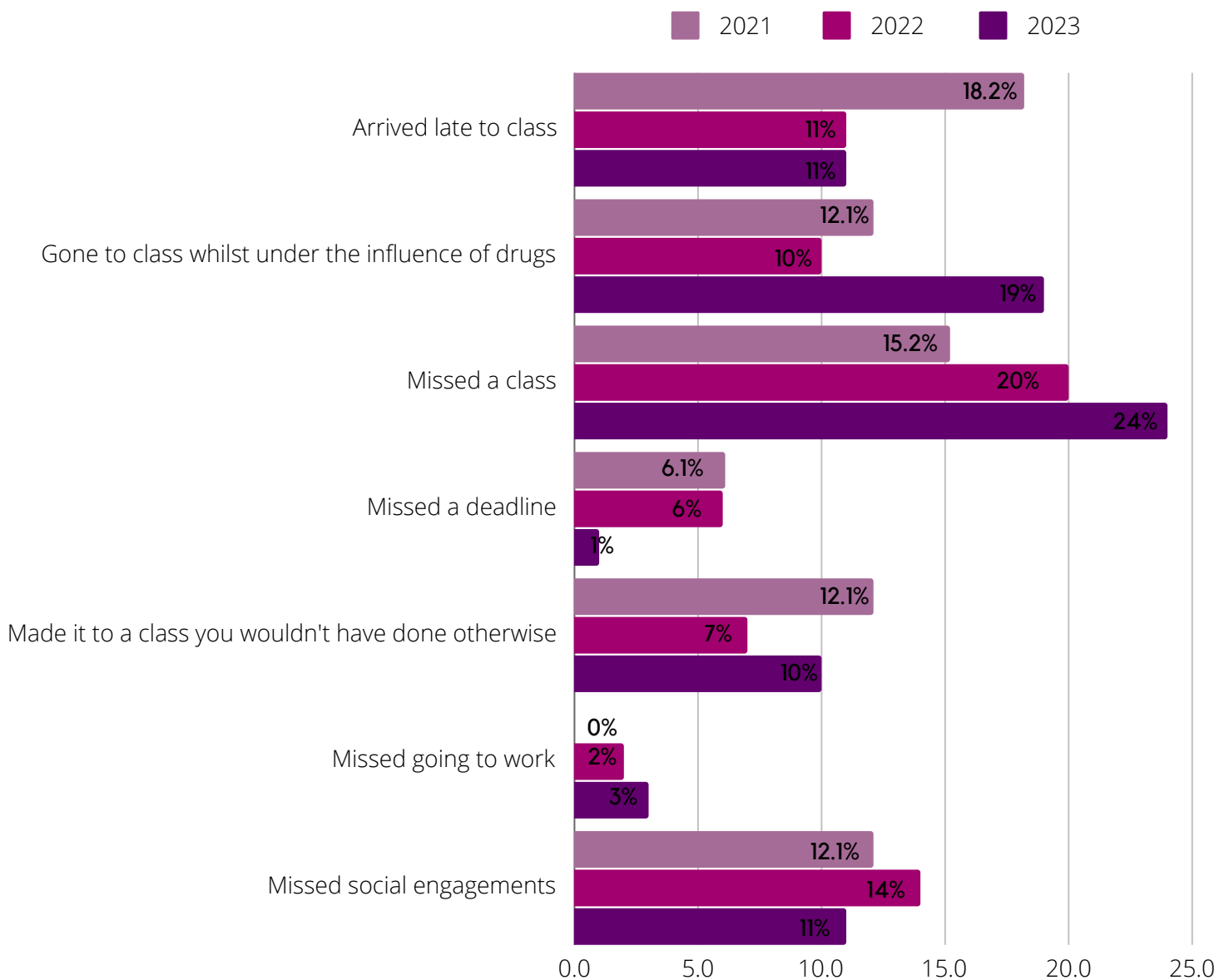
- *"I would say where your university is located can affect the ease of accessibility to drugs. I feel my uni has some good help available, but I am aware I know about because of my role as a resident adviser."*



CONSEQUENCES OF DRUG USE

Which of the following have you experienced since you have been at university during or following taking drugs?

ACADEMIC & WORK

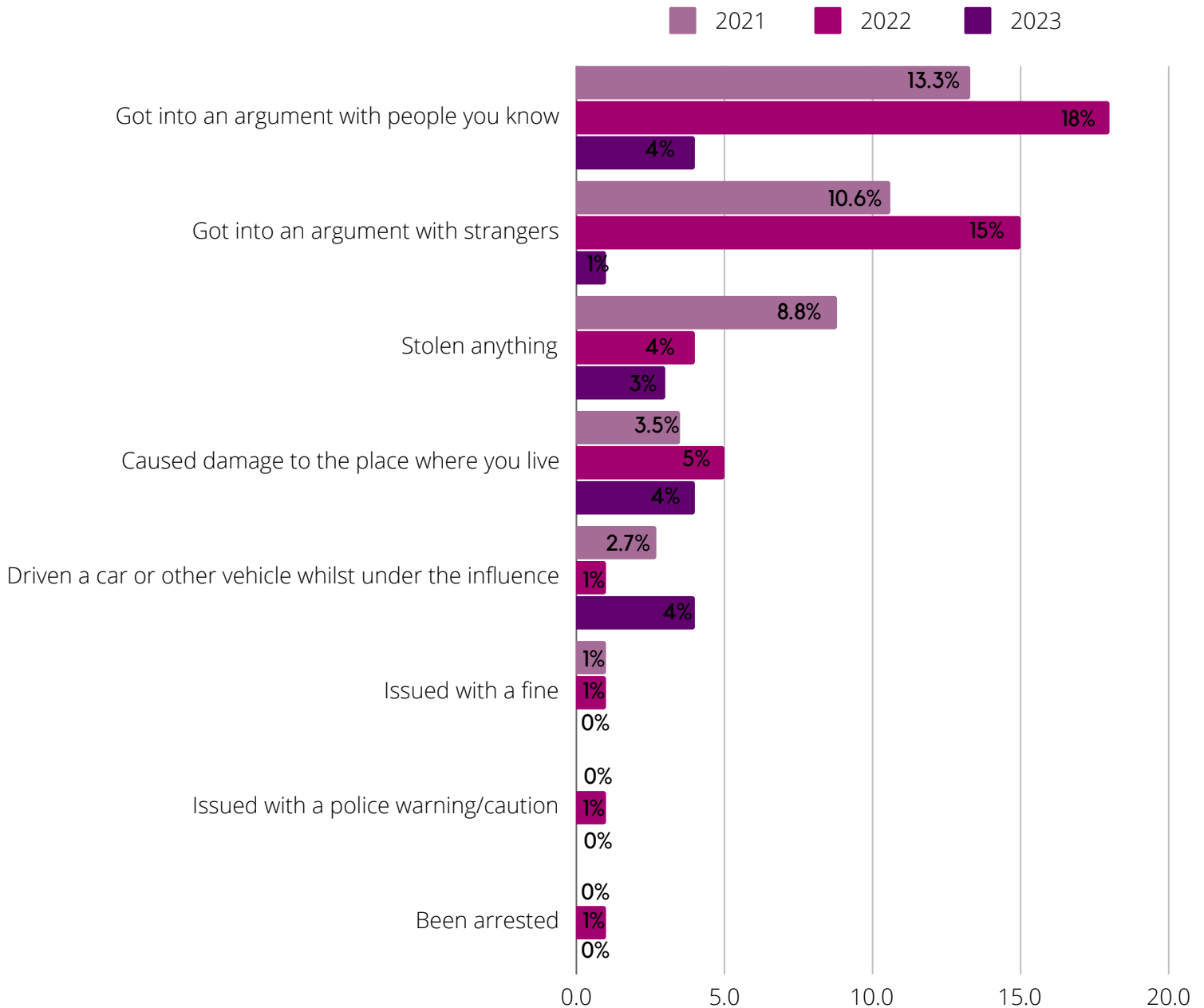




CONSEQUENCES OF DRUG USE

Which of the following have you experienced since you have been at university during or following taking drugs?

ANTISOCIAL BEHAVIOUR

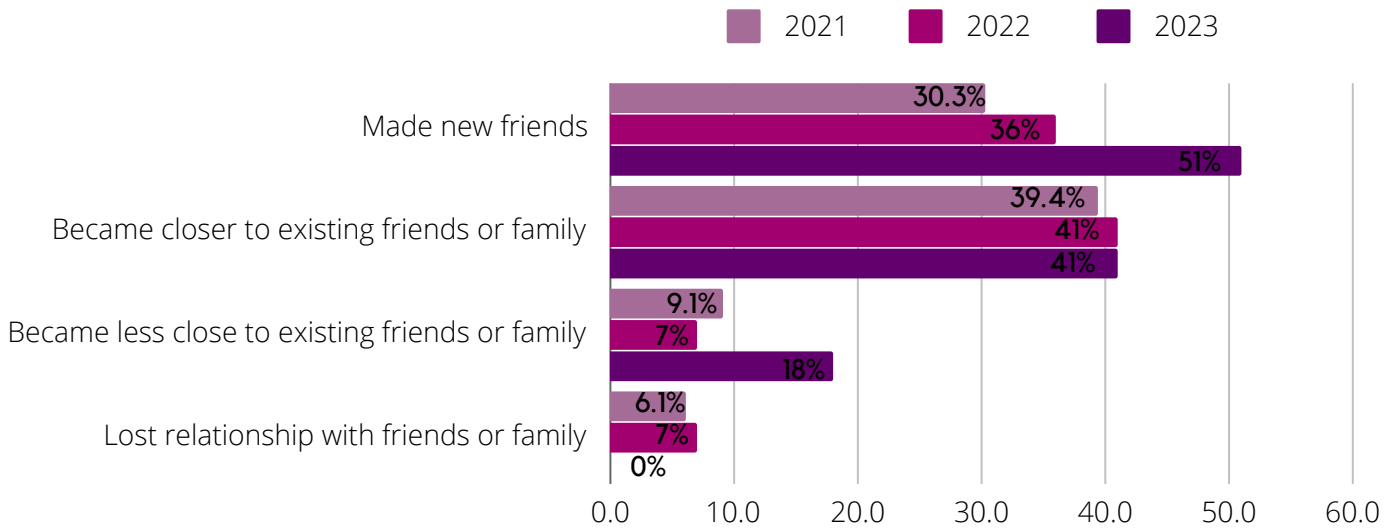




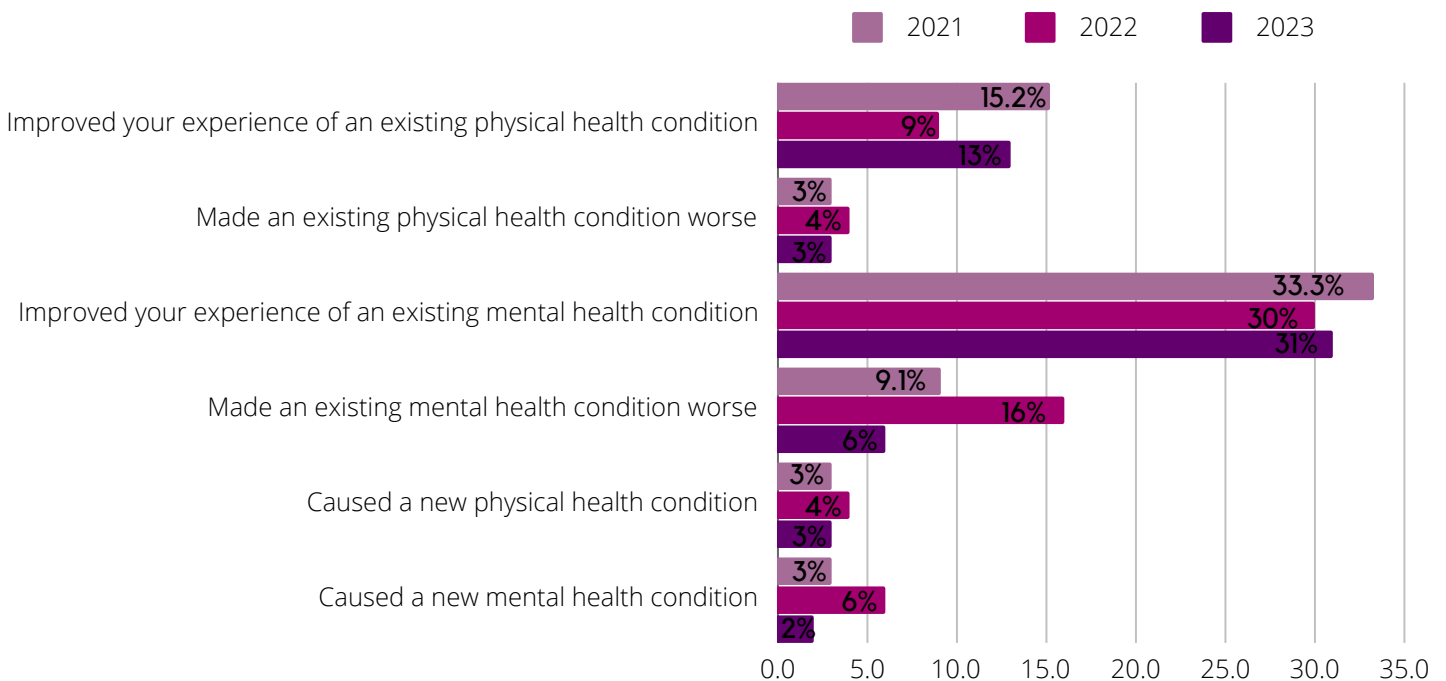
CONSEQUENCES OF DRUG USE

Which of the following have you experienced since you have been at university during or following taking drugs?

SOCIAL LIFE



MENTAL & PHYSICAL HEALTH

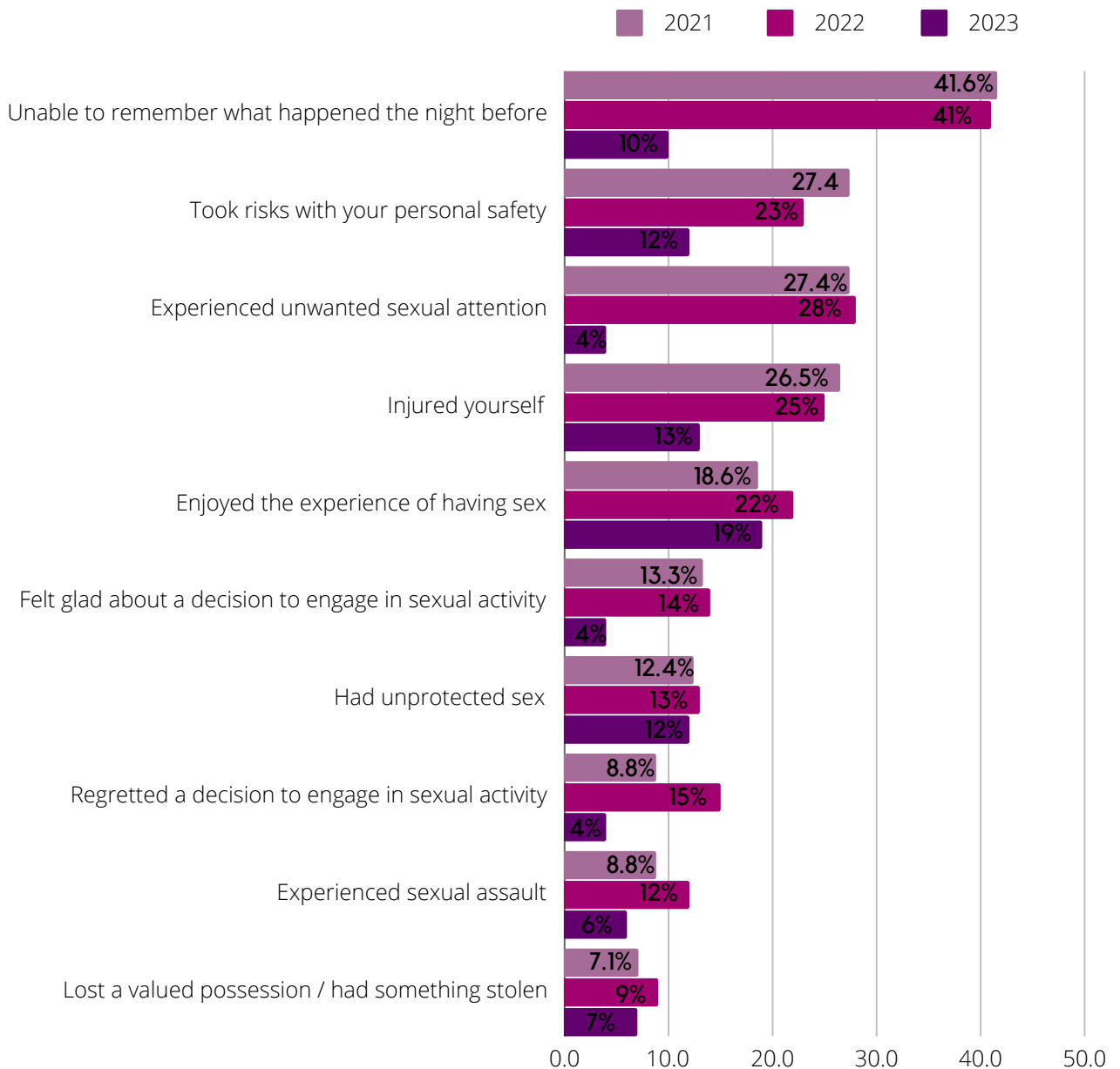




CONSEQUENCES OF DRUG USE

Which of the following have you experienced since you have been at university during or following taking drugs?

VICTIM OF CRIME & SEXUAL ACTIVITY





ANNEX: DEEP DIVE ANALYSIS

Taking a closer look at most vulnerable groups based on the following:

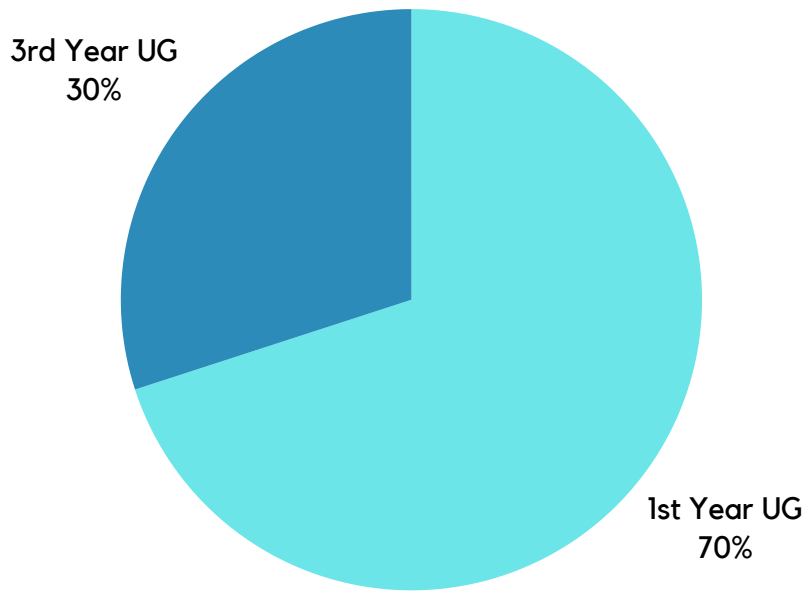
1. Students who drink alcohol most or every day
2. Students who agreed 'it can be difficult to not drink too much on a night out'
3. Students who pre-drink regularly
4. Students who don't eat before a night out regularly
5. Students who believe there aren't enough alcohol free social events
6. Students who use drugs most or every day
7. Students who use Cannabis weekly or daily
8. Students who mix substances most or every time they use
9. Students who don't know where to access information or advice about drugs
10. Students who don't know if the university has a drugs policy

The following demographics for each were analysed:

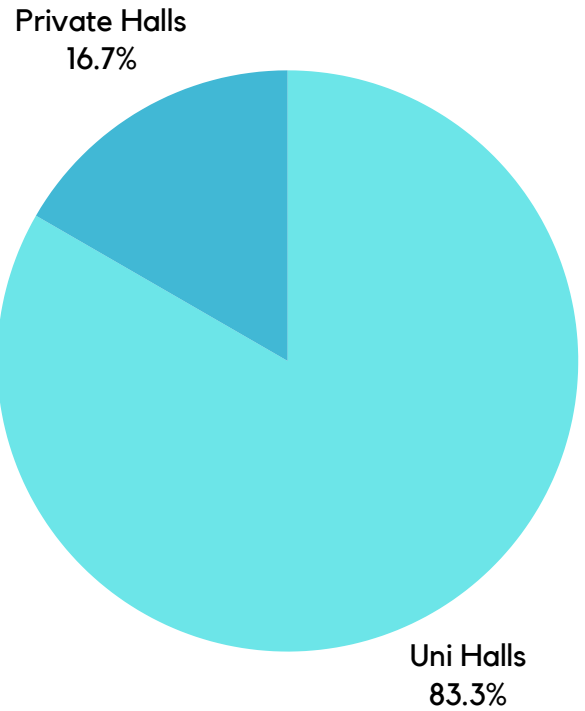
- Gender
- Year of study
- Where the student lives
- Ethnicity

ANNEX 1: STUDENTS WHO DRINK ALCOHOL MOST OR EVERY DAY (N=12)

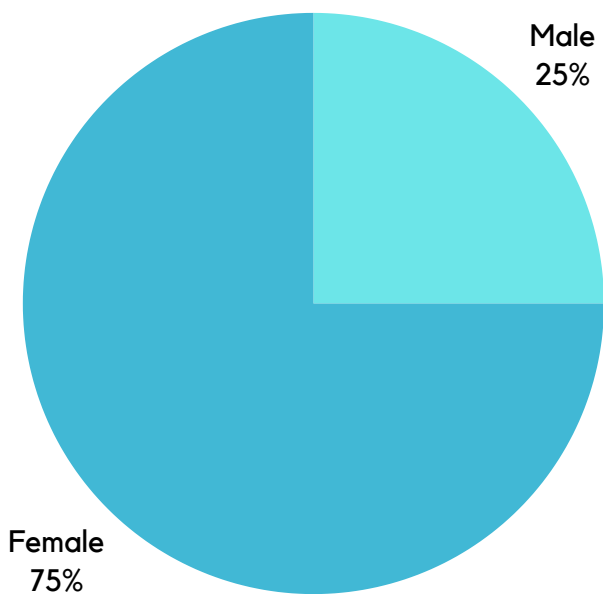
Year of Study



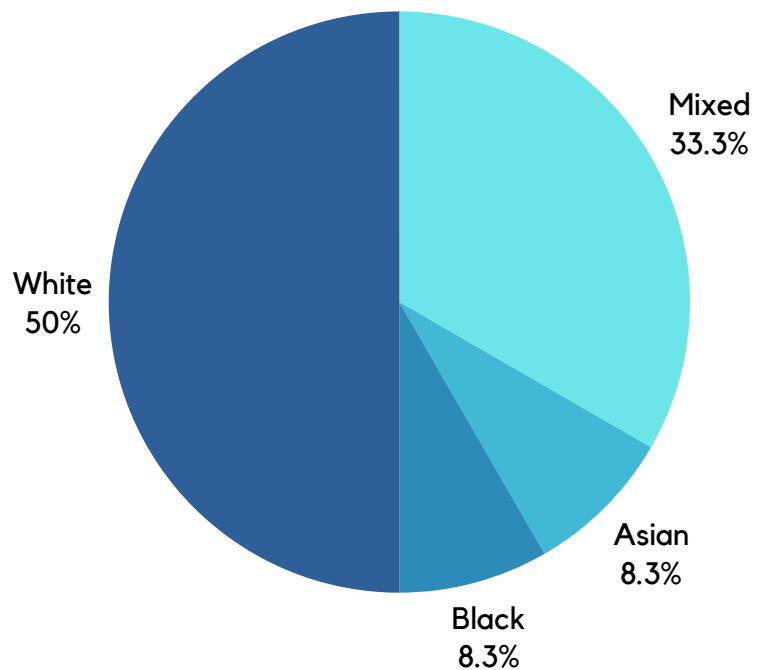
Living Arrangements



Gender

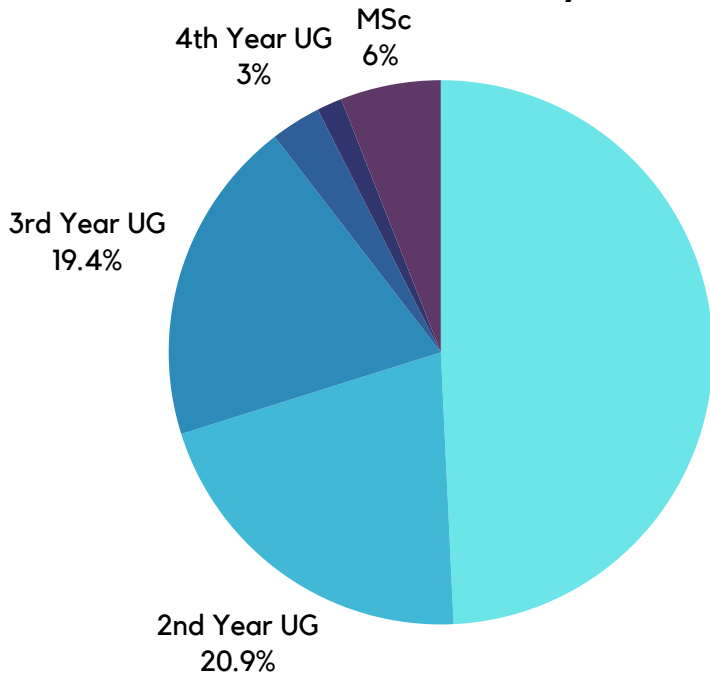


Ethnicity

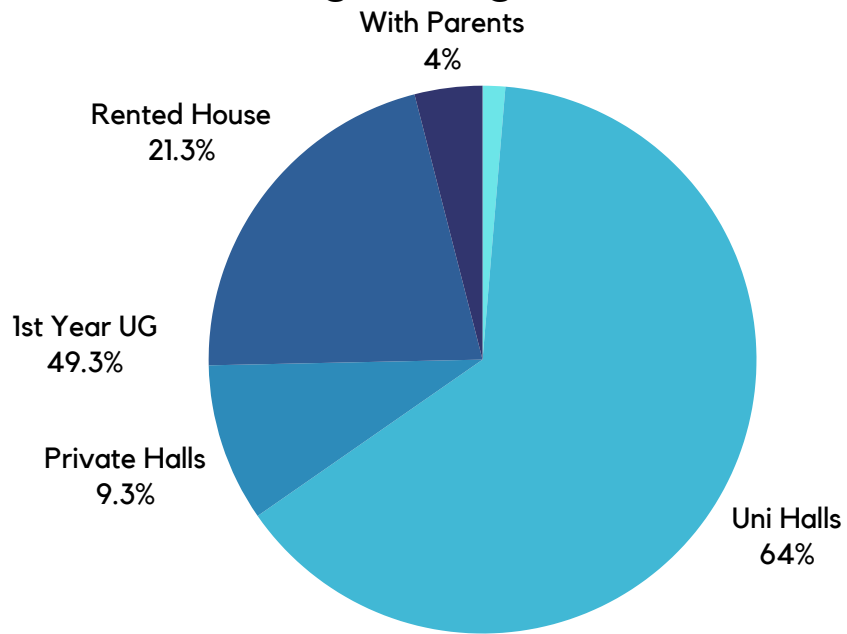


ANNEX 2: STUDENTS WHO AGREED 'IT CAN BE DIFFICULT TO NOT DRINK TOO MUCH ON A NIGHT OUT' (N=78)

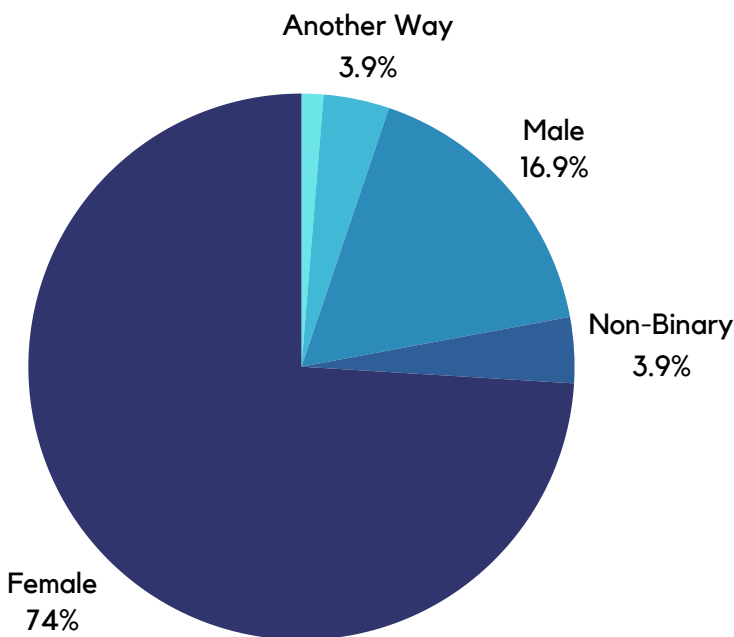
Year of Study



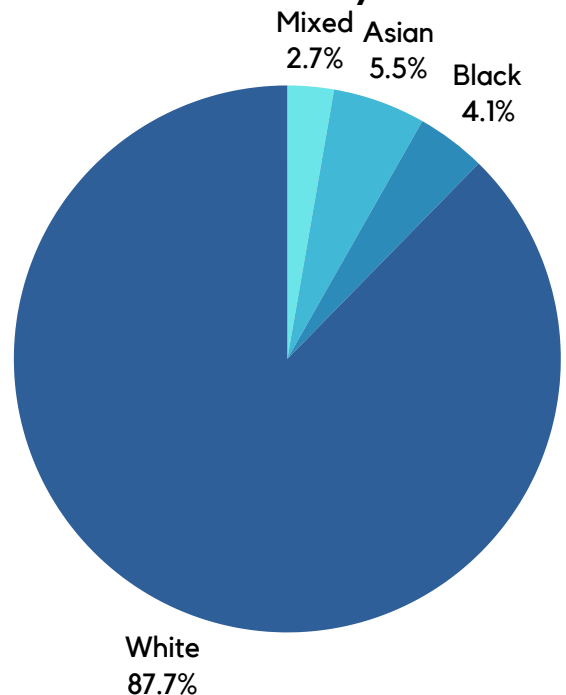
Living Arrangements



Gender

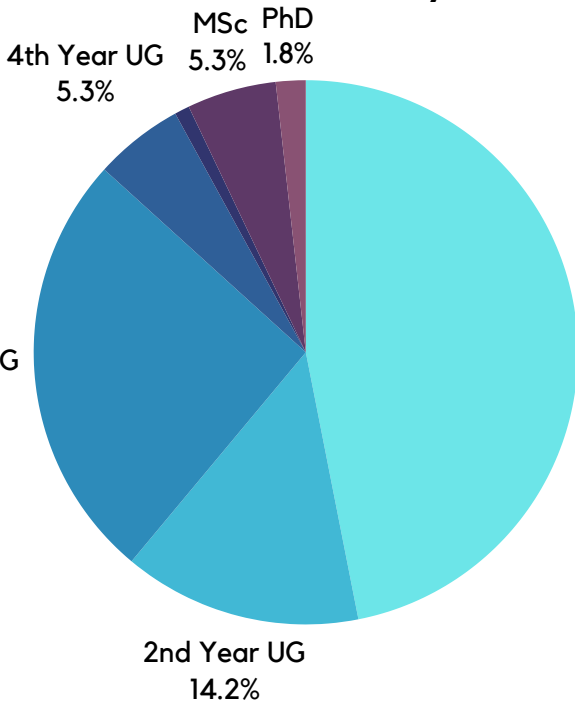


Ethnicity

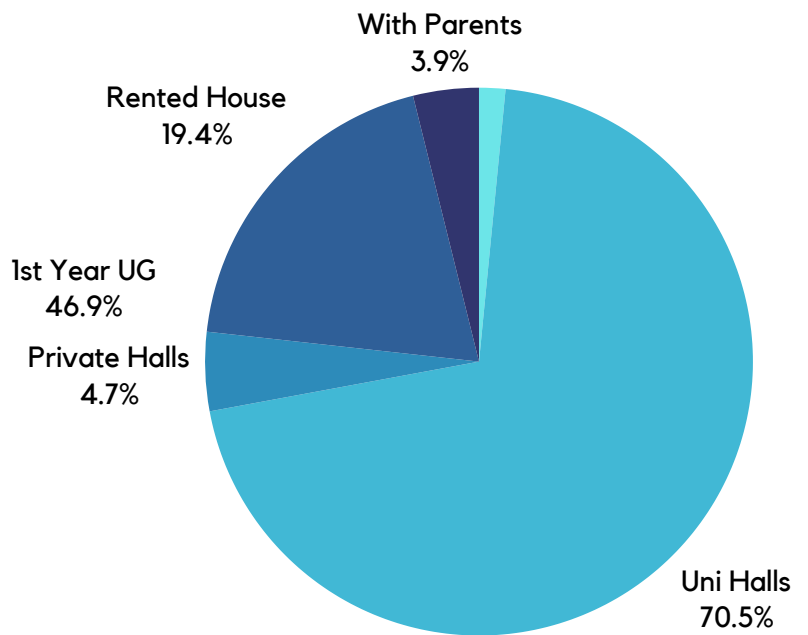


ANNEX 3: STUDENTS WHO PRE-DRINK REGULARLY (N=132)

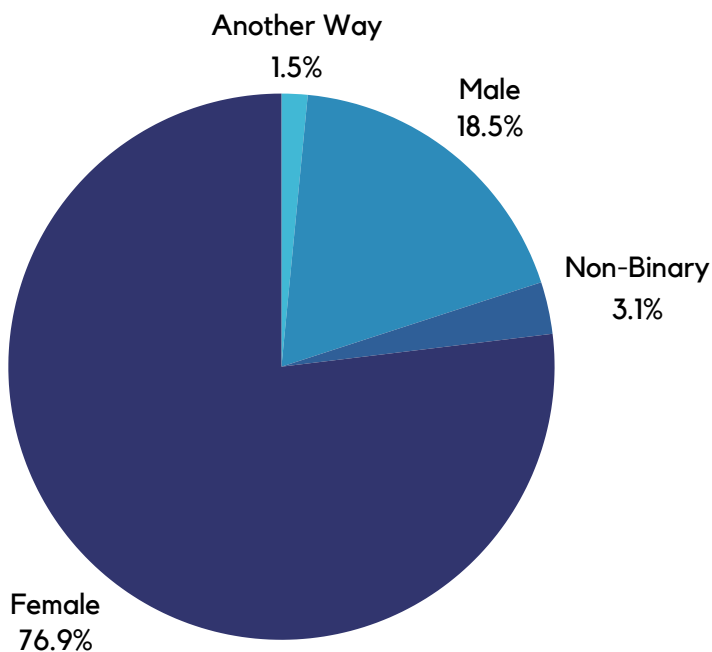
Year of Study



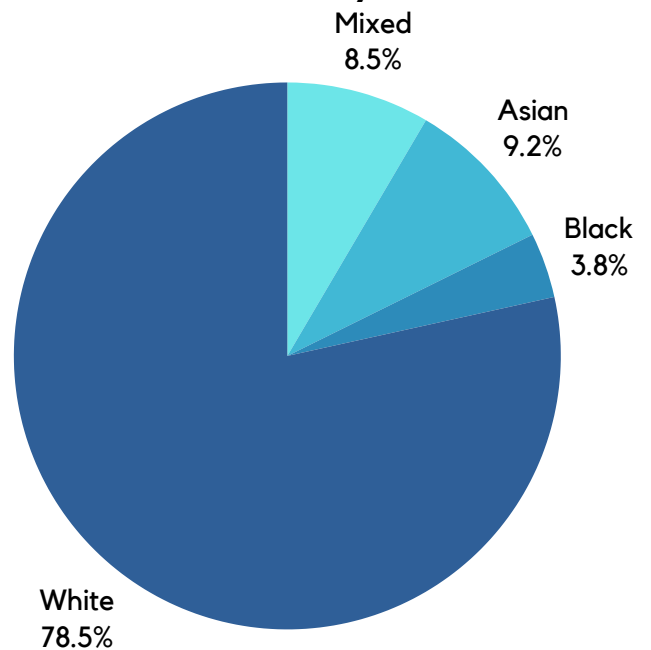
Living Arrangements



Gender



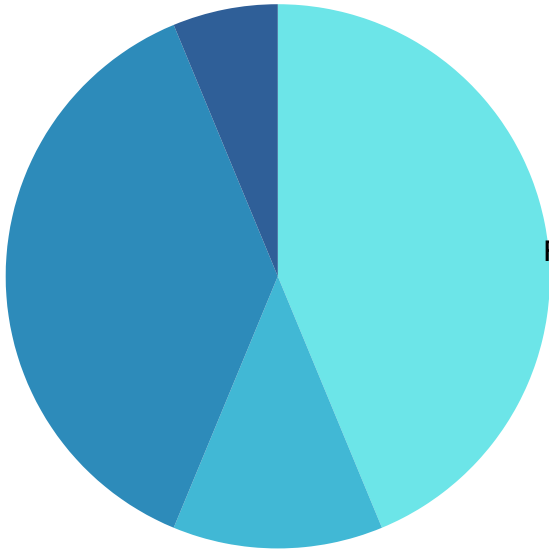
Ethnicity



ANNEX 4: STUDENTS WHO DON'T EAT BEFORE A NIGHT OUT REGULARLY (N=20)

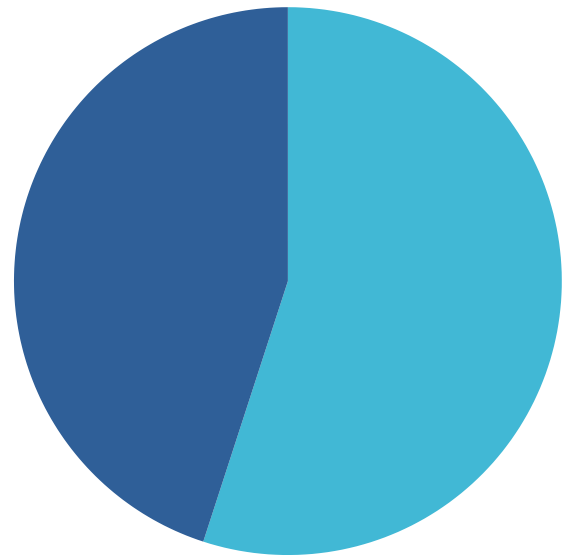
Year of Study

4th Year UG
6.3%



Living Arrangements

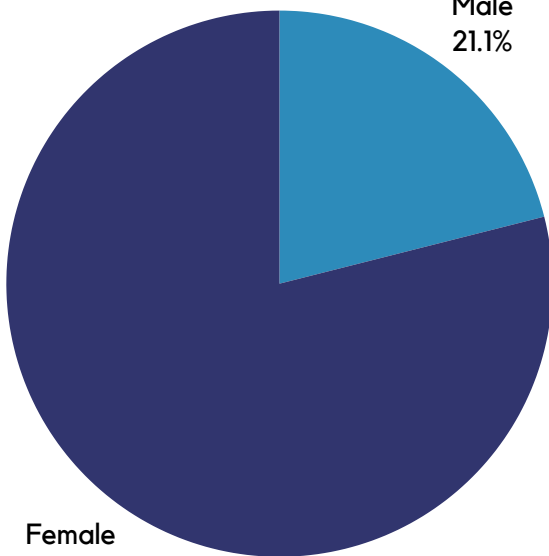
1st Year UG
43.8%
Rented House
45%



Uni Halls
55%

Gender

Male
21.1%



Female
78.9%

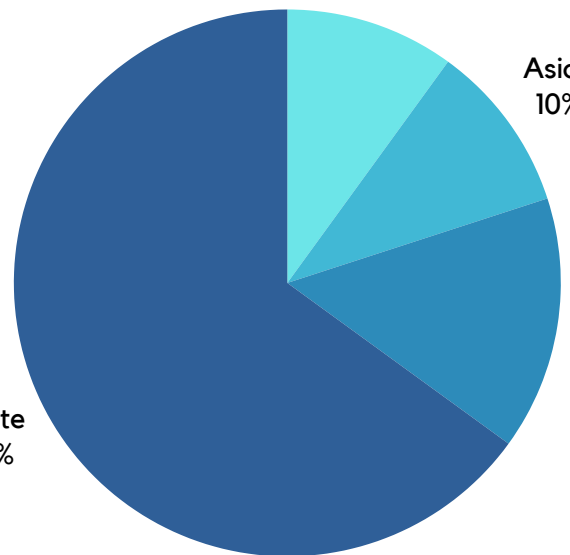
Ethnicity

Mixed
10%

Asian
10%

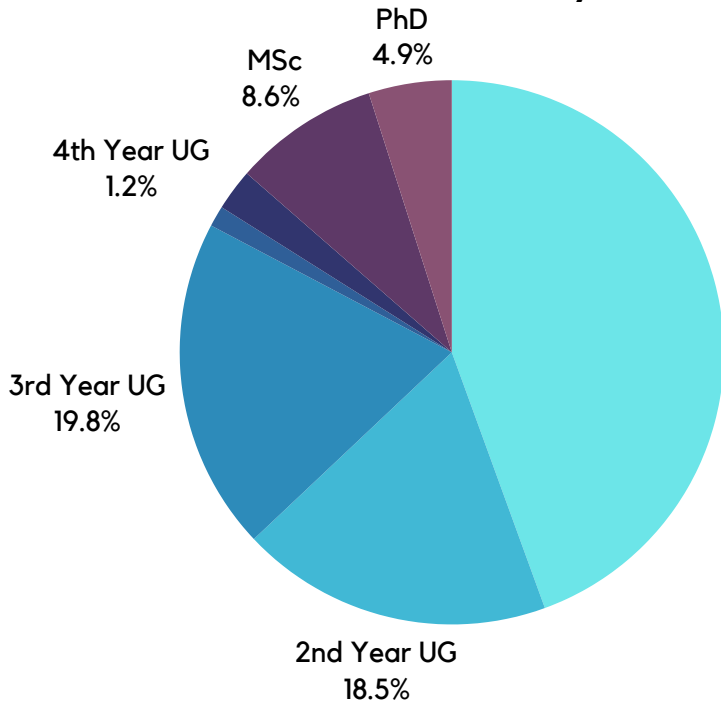
Black
15%

White
65%

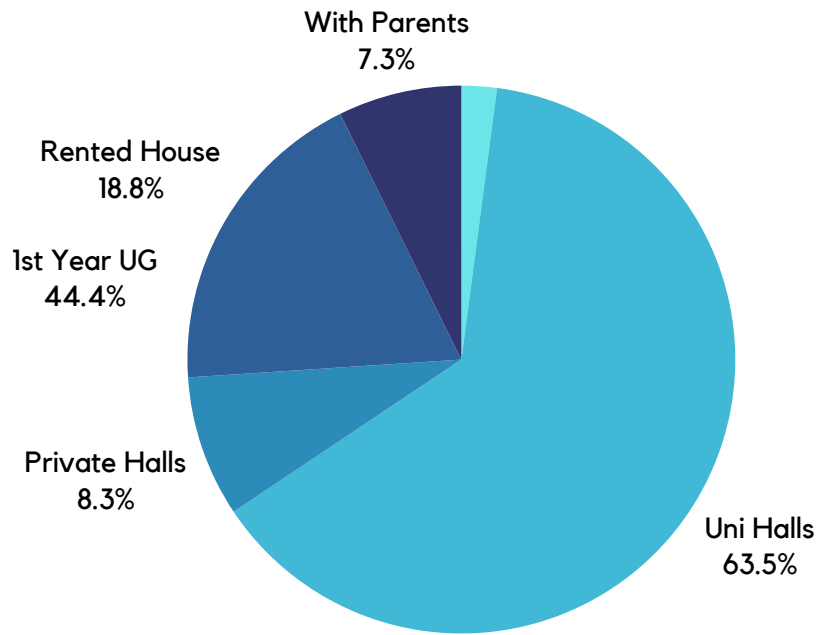


ANNEX 5: STUDENTS WHO BELIEVE THERE AREN'T ENOUGH ALCOHOL FREE SOCIAL EVENTS (N=98)

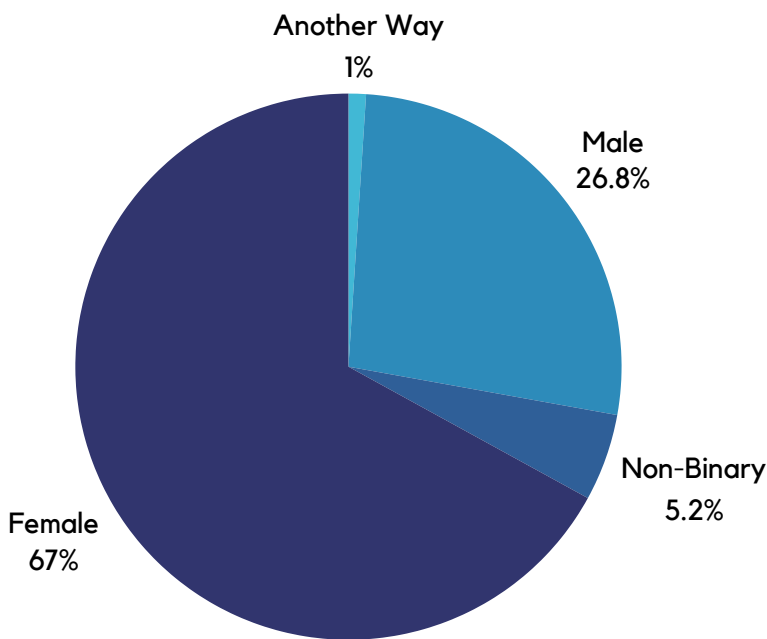
Year of Study



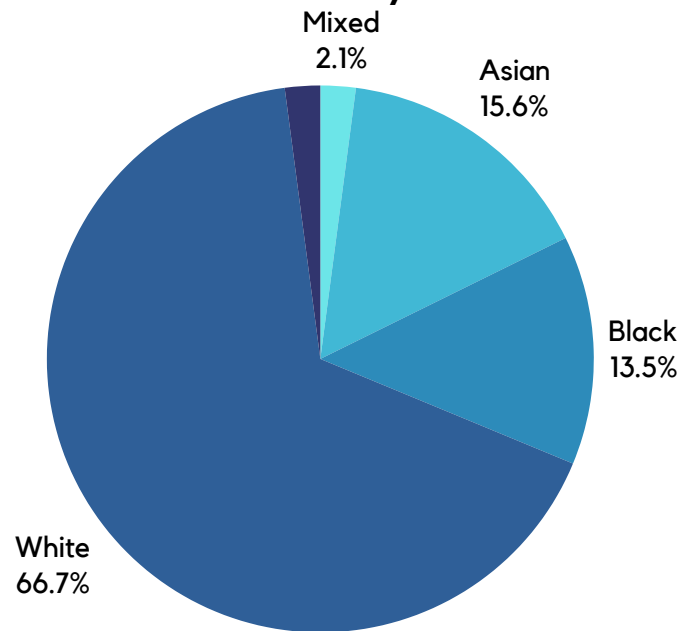
Living Arrangements



Gender

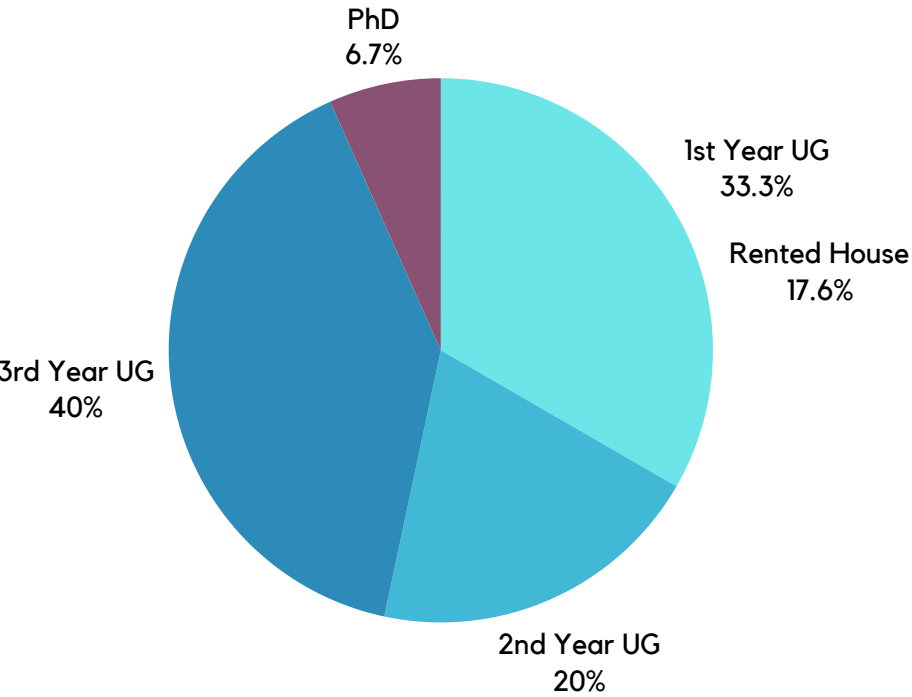


Ethnicity

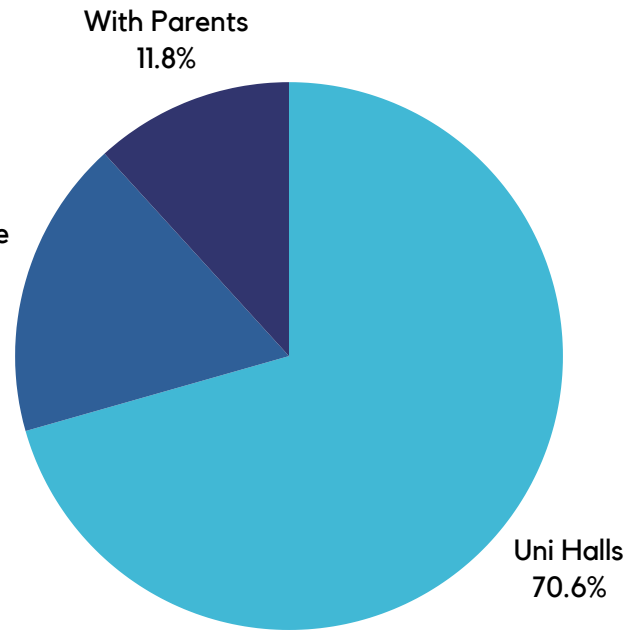


ANNEX 6: STUDENTS WHO USE DRUGS MOST OR EVERY DAY (N=18)

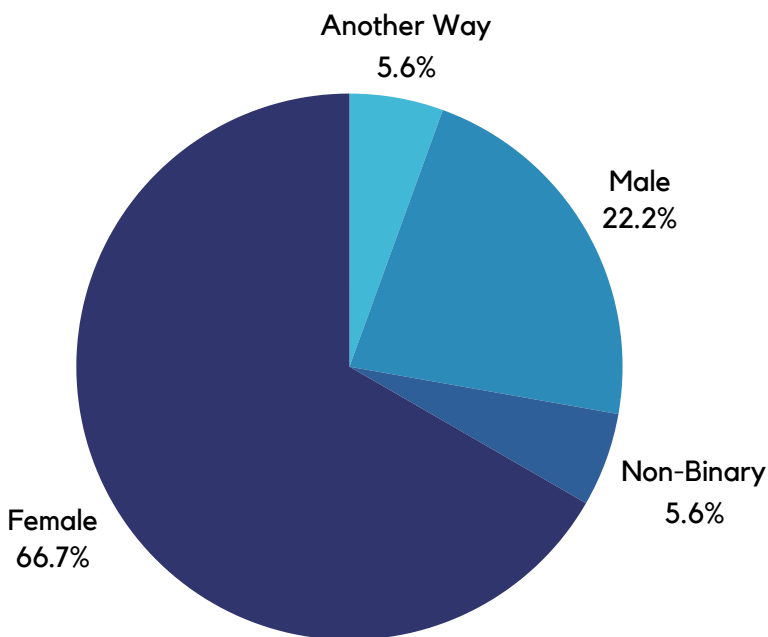
Year of Study



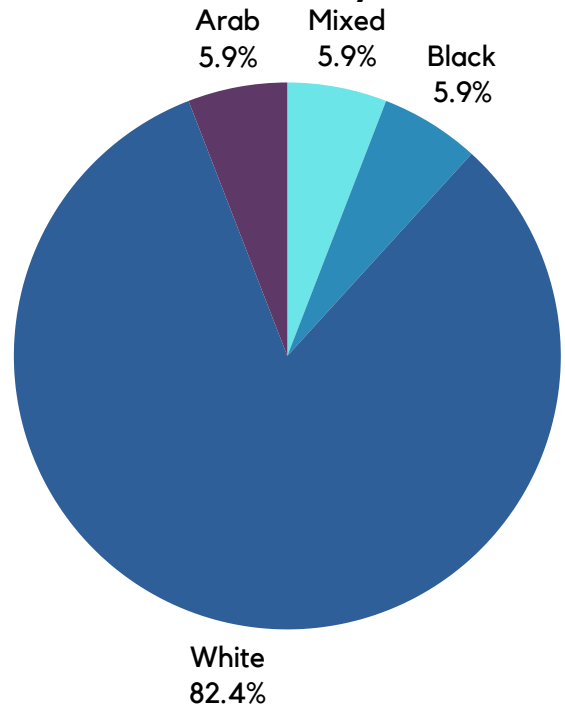
Living Arrangements



Gender

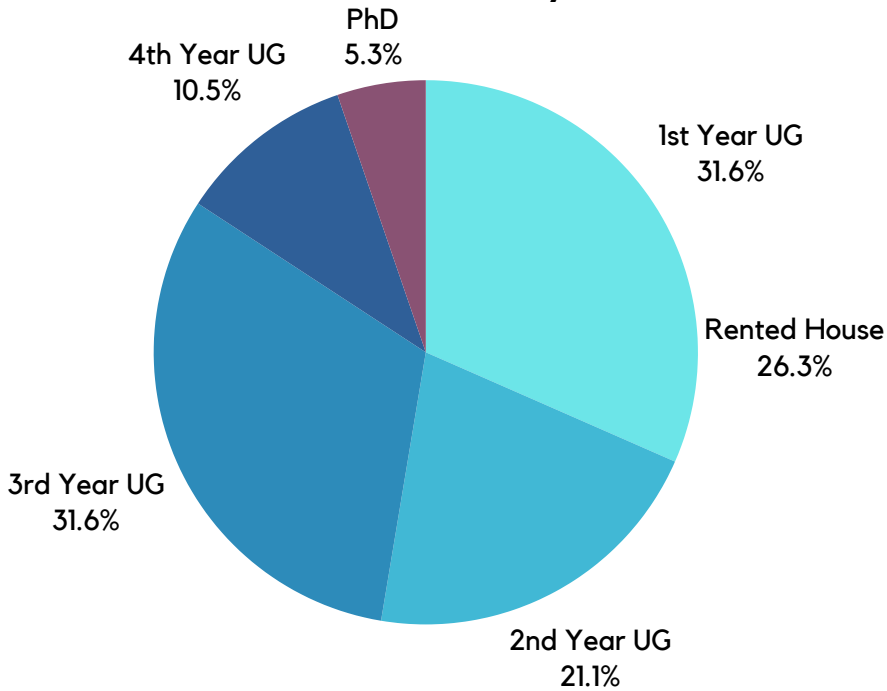


Ethnicity

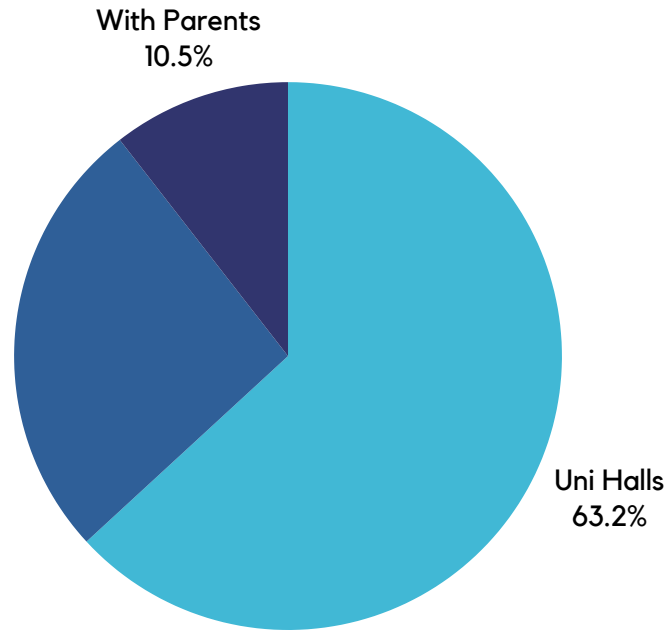


ANNEX 7: STUDENTS WHO USE CANNABIS WEEKLY OR DAILY (N=21)

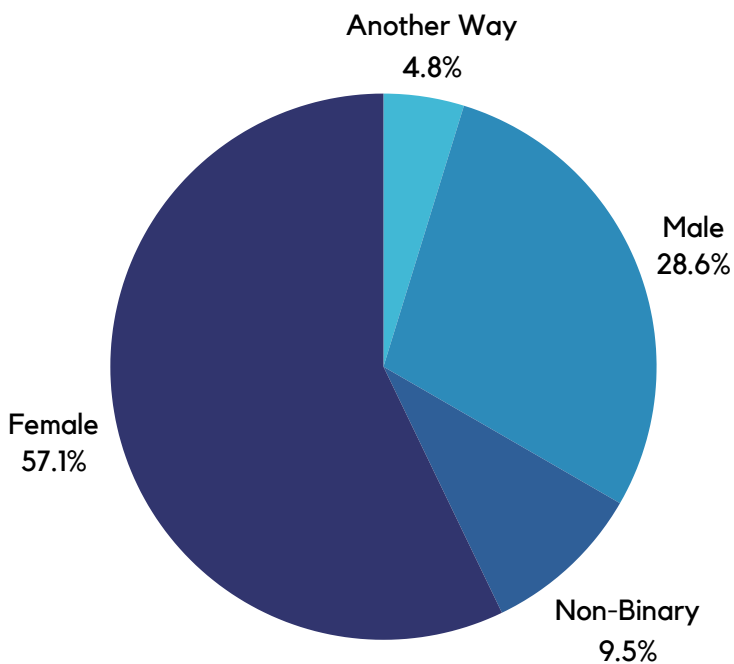
Year of Study



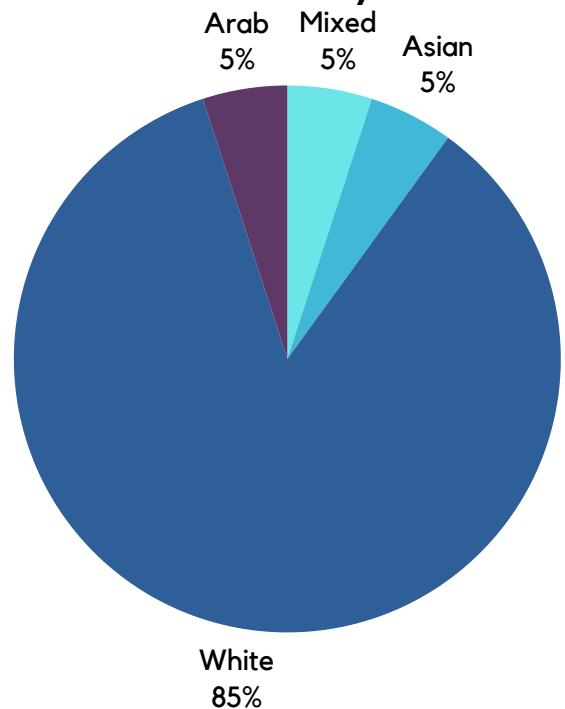
Living Arrangements



Gender

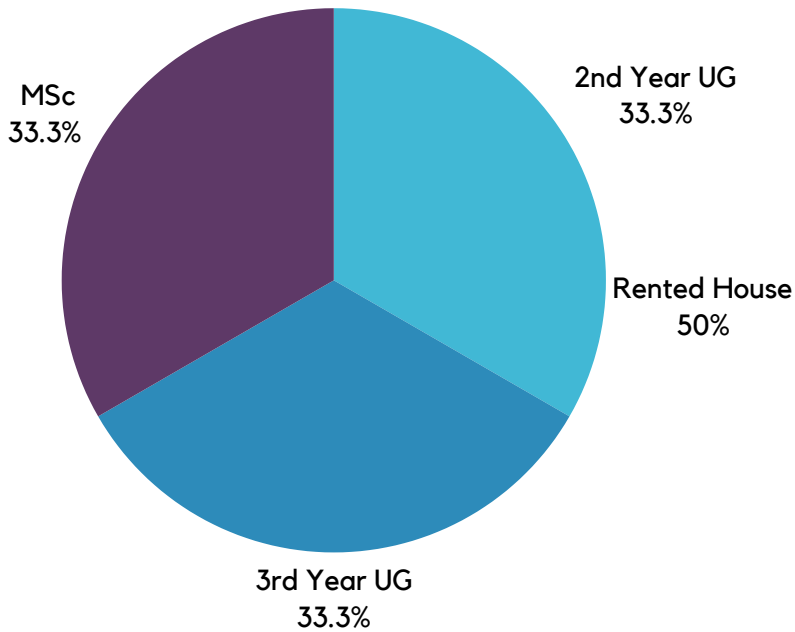


Ethnicity

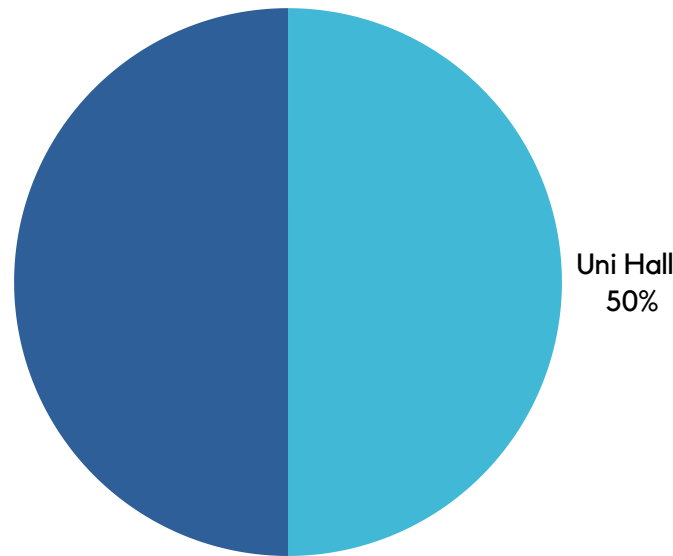


ANNEX 8: STUDENTS WHO MIX SUBSTANCES MOST OR EVERY TIME THEY USE (N=4)

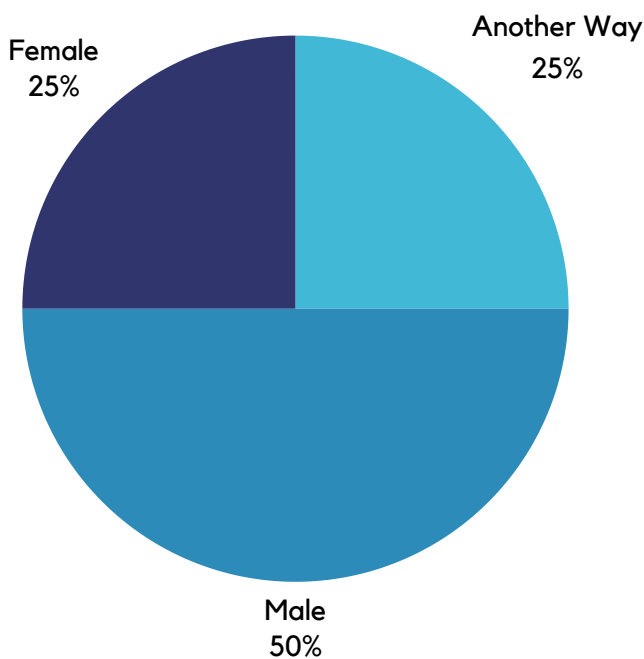
Year of Study



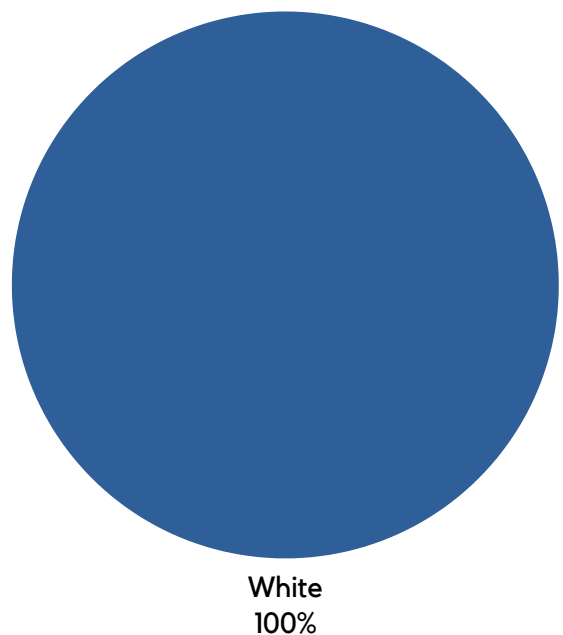
Living Arrangements



Gender

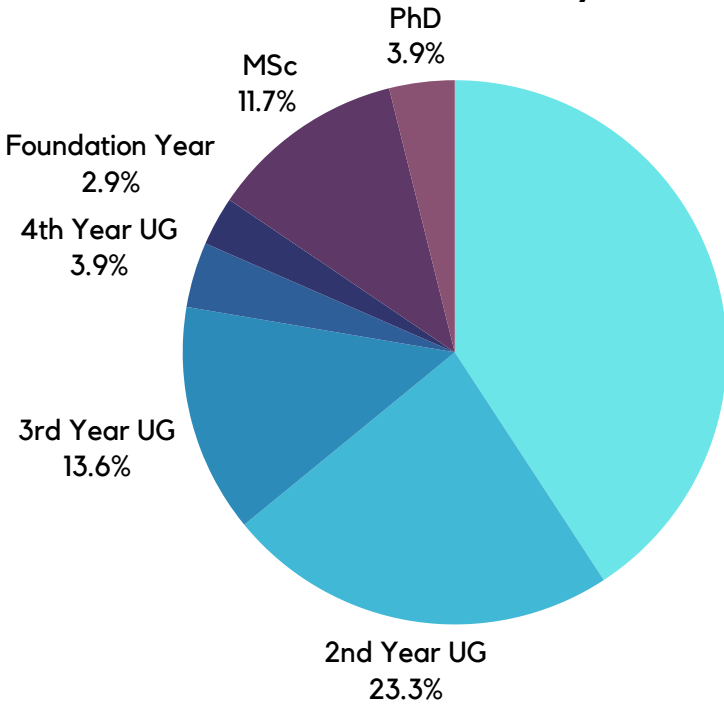


Ethnicity

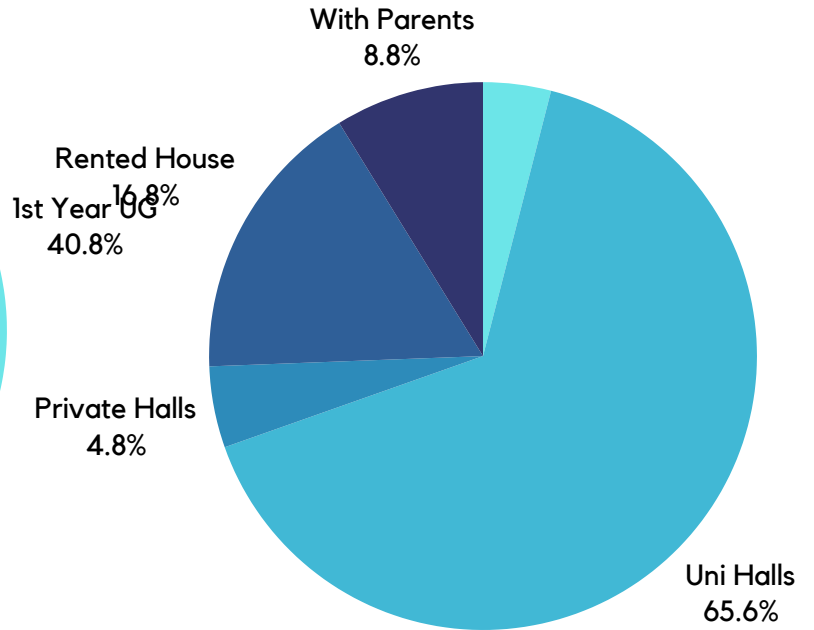


ANNEX 9: STUDENTS WHO DON'T KNOW WHERE TO ACCESS INFORMATION OR ADVICE ABOUT DRUGS (N=128)

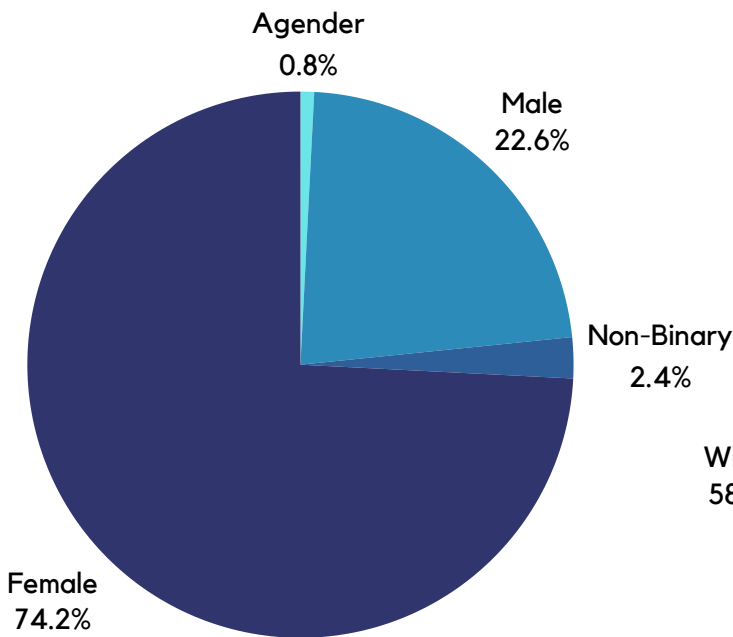
Year of Study



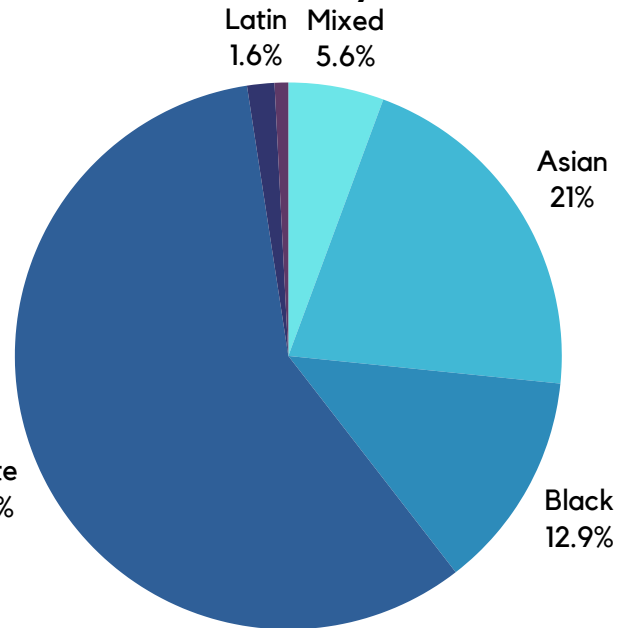
Living Arrangements



Gender

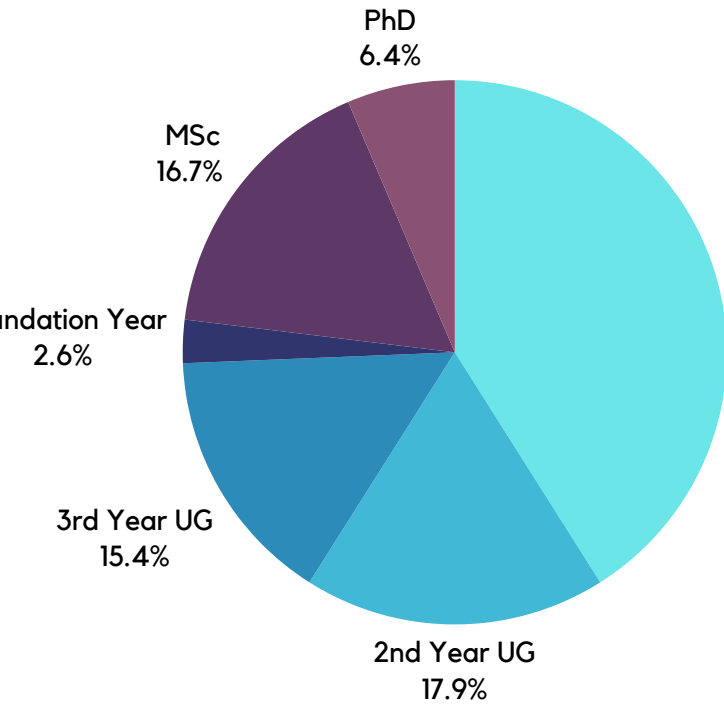


Ethnicity

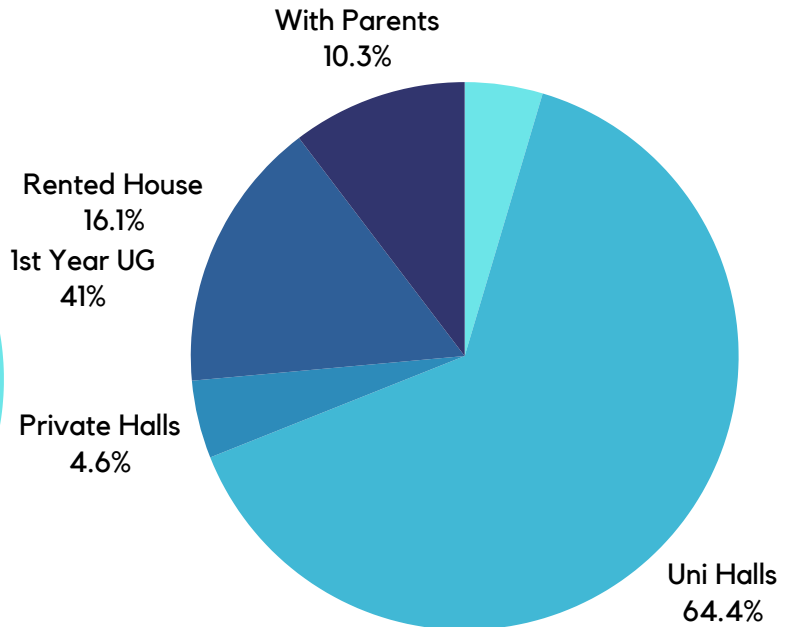


ANNEX 10: STUDENTS WHO DON'T KNOW IF THE UNIVERSITY HAS A DRUGS POLICY (N=92)

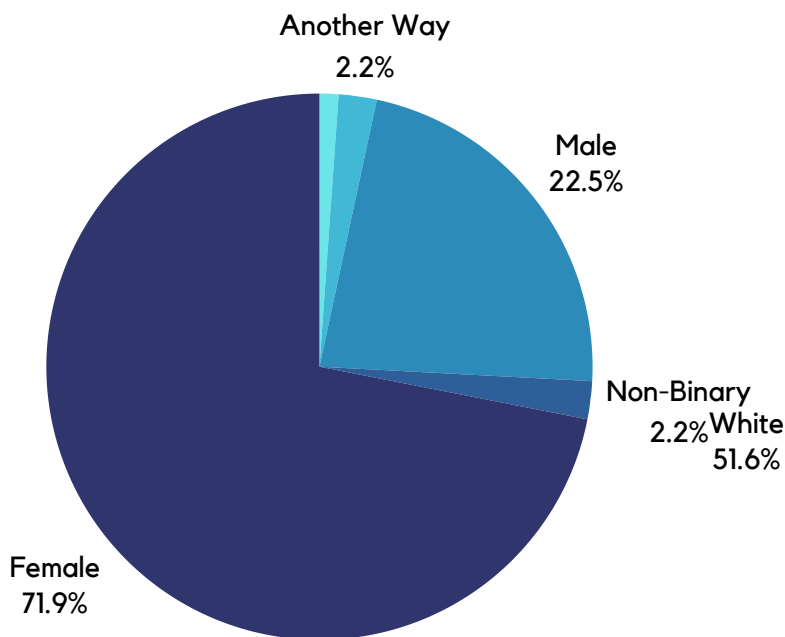
Year of Study



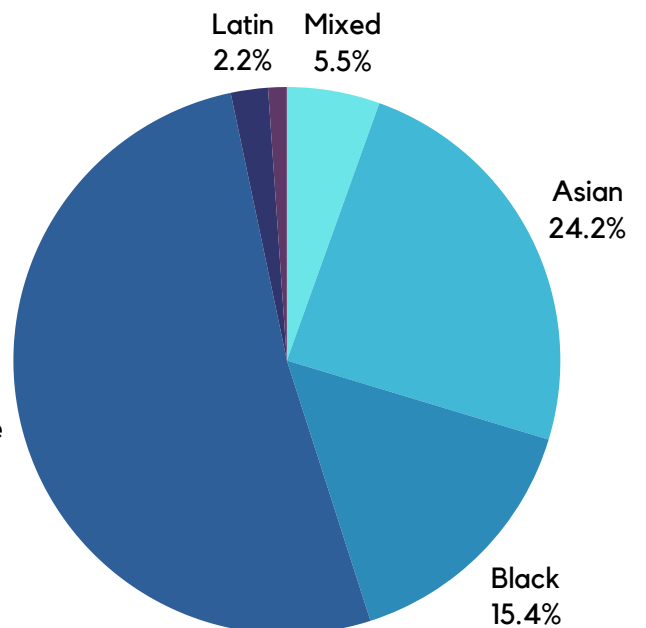
Living Arrangements



Gender



Ethnicity





ANNEX: DEEP DIVE ANALYSIS CONCLUSIONS

For all but one of the 10 indicators of vulnerable use, the most common demographics were:

1st year student | Living in university halls | Female | White

This would suggest that intervention and initiatives need to be targeted towards these student groups in order to reach the students most vulnerable to irresponsible alcohol consumption and drug use. This could include:

- Lecture takeovers for first years
- Additional information in first year induction
- Targeted messaging in Welcome Week
- Targeted messaging in halls of residence
- Upskilling of Resident Advisers to support/signpost students with substance use issues
- Target predominantly female societies for feedback/targeted messaging

It is important to consider that although these demographics were most common for these particular variables, they were also the most common demographics overall and so these results could be due to a skewed dataset.



REPORT PREPARED BY

**KEELE DRUG &
ALCOHOL STEERING
GROUP**

QUESTIONS CAN BE SENT TO K.V.HOLLOWAY@KEELE.AC.UK