



## UK NA Survey 2020 Full Data

This survey was open to members from 1<sup>st</sup> April 2020 to 31<sup>st</sup> August 2020

1918 members responded to the survey. The Survey was conducted online.

1416 completed more than 60% of the questions which was the minimum quota to qualify as part of the data.

### Q1. What is your ethnic group?

Ethnicity	Count	%
White - British / English / Welsh / Scottish / Northern Irish	1107	78.2
Any other White background	111	7.8
White - Irish	46	3.2
Any other mixed background	21	1.5
Multiple ethnicities - White and Asian	17	1.2
Black / Black British - Caribbean	16	1.1
Asian / Asian British - Indian	13	0.9
Black / Black British - African	11	0.8
Multiple ethnicities - White and Black Caribbean	9	0.6
White - Gypsy or Irish Traveller/Roma	11	0.8
Any other ethnic group	6	0.4
Asian / Asian British - Pakistani	6	0.4
Any Other Asian Group	4	0.3
Multiple ethnicities - White and Black African	4	0.3
Any other Black / African background	4	0.3
Do not wish to answer	13	0.9
Missing	17	
<b>Total check</b>	<b>1416</b>	

### Q2. Which county do you live in?

County	Count	Region	Country	Count
Aberdeenshire	11	London	England	425
Angus	1	West Midlands	England	120
Antrim	2	North West	England	136
Argyll & Bute	1	South East	England	181
Armagh	1	Yorks Humber	England	86
Avon	15	North East	England	25
Ayrshire	2	East Midlands	England	51
Bristol	20	East of England	England	81
Buckinghamshire	15	South West	England	190
Bedfordshire	7	<b>Total</b>		1295
Berkshire	9			
Cheshire	7	West Wales	Wales	13
Clackmannanshire	1	East Wales	Wales	9
Cumbria	2	<b>Total</b>		22
Cambridgeshire	27			
Carmarthenshire	3	E Scotland	Scotland	14
Ceredigion	3	S W Scotland	Scotland	28
Cornwall	15	N E Scotland	Scotland	11
County Durham	10	Highland Island	Scotland	2
Derbyshire	13	Scotland Misc	Scotland	9
Devon	23	<b>Total</b>		64
Down	2			
Dunbartonshire	2	Belfast	N Ireland	0
Denbighshire	2	East N Ireland	N Ireland	4
Dorset	54	North N Ireland	N Ireland	3
East Dunbartonshire	1	W&S N Ireland	N Ireland	1

East Sussex	29		Outer Belfast	N Ireland	0
East Riding of Yorkshire	12		N Ireland Misc	N Ireland	1
Essex	32		<b>Total</b>		9
Flintshire	2				
Fife	3		<b>Total</b>		<b>1390</b>
Gloucestershire	12				
Greater Manchester	38				
Greater London	425				
Gwynedd	2				
Hampshire	28				
Herefordshire	2				
Humberside	3				
Hertfordshire	4				
Isle of Anglesey	2				
Kent	33				
Leicestershire	16				
Lanarkshire	14				
Lancashire	55				
Lincolnshire	1				
Counties in N Ireland	1				
Londonderry	3				
Midlothian	6				
Monmouthshire	2				
Merseyside	34				
Norfolk	8				
Northamptonshire	17				
Newport	1				
North Lanarkshire	6				
North Somerset	13				
North Yorkshire	25				
Northumberland	3				
Nottinghamshire	5				
Oxfordshire	14				
Perth & Kinross	2				
Powys	1				
Renfrewshire	2				
Scottish Counties	9				
Shetland	1				
Shropshire	11				
Somerset	28				
South Lanarkshire	1				
Staffordshire	12				
Suffolk	3				
Surrey	32				
Swansea	1				
South Gloucestershire	1				
South Yorkshire	18				
Tyne & Wear	12				
Wiltshire	9				
Wrexham	3				
Warwickshire	9				
West Lothian	1				
West Midlands	78				
West Sussex	21				
West Yorkshire	27				
Worcestershire	8				
<b>Total</b>	1390				
<b>Missing</b>	26				
Total check	1416				

**Q3: Please select your gender**

<b>Gender</b>	<b>Count</b>	<b>%</b>
Male	769	54.3
Female	598	42.2
Non-binary	19	1.3
Do not wish to answer	19	1.3
<b>Missing</b>	11	
<b>Total check</b>	<b>1416</b>	

Notes Q3

Members were not given an opportunity to choose transgender. On our next Survey we will include this question.

**Q4: How old are you?**

<b>Age</b>	<b>Count</b>	<b>Age group</b>	<b>Count</b>
15	2	15-20	14
16	1	20-25	44
17	5	25-30	73
18	3	30-35	120
19	3	35-40	160
20	10	40-45	197
21	8	45-50	209
22	8	50-55	186
23	8	55-60	166
24	10	60-65	112
25	11	65-70	73
26	8	70-75	38
27	15	75+	5
28	21		
29	18		
30	19		
31	18		
32	30		
33	26		
34	27		
35	24		
36	31		
37	27		
38	40		
39	38		
40	46		
41	40		
42	38		
43	33		
44	40		
45	53		
46	54		
47	38		
48	32		
49	32		
50	42		
51	34		
52	42		
53	31		
54	37		
55	36		
56	35		
57	30		
58	29		
59	36		
60	34		
61	18		

62	19		
63	21		
64	20		
65	17		
66	15		
67	15		
68	16		
69	10		
70	14		
71	3		
72	5		
73	8		
74	8		
76	4		
81	1		
Missing	19		
Total	1416		

**Q4: What is your employment status?**

Status	Count	%
Full time employed	485	34.3
Self-employed	248	17.5
Unemployed due to sickness or disability	186	13.1
Unemployed	132	9.3
Part-time employed	127	9.0
Retired	94	6.6
Homemaker	41	2.9
Full-time education	39	2.8
Unpaid Volunteer	38	2.7
Part-time education	14	1.0
<b>Missing</b>	12	
Total	1416	

The next table calculates how many people are employed according to government definitions laid out at: <https://www.ons.gov.uk/employmentandlabourmarket/peopleinwork/employmentandemployeetypes/bulletins/employmentintheuk/august2020#coronavirus-and-measuring-the-labour-market>

People aged 16 to 63 who work at least one hour per week (part-time of full-time employed)

**Overall membership**

Status	Count	%
Employed	807	64.1
Unemployed	452	35.9

**Over two years clean**

Status	Count	%
Employed	627	69.5
Unemployed	275	30.5

**Over three years clean**

Status	Count	%
Employed	566	70.3
Unemployed	239	29.7

**Q5: What is your annual income?**

Income per annum	Count	%
Not Working	367	26.2
£0-£19,999	302	21.6
£20k-£29,999	331	23.7
£30k-£39,999	159	11.4
£40k-£49,999	70	5.0

£50k-£59,999	51	3.6
£60k+	119	8.5
Missing	17	
<b>Total</b>	1416	

#### Income for those under a year clean

Income	Count	%
Not Working	153	41.6
£0-£19,999	86	23.4
£20k-£29,999	53	14.4
£30k-£39,999	31	8.4
£40k-£49,999	18	4.9
£50k-£59,999	8	2.2
£60k+	19	5.2
<b>Total</b>	368	
Missing	4	

#### Income for those 1-2 years clean

Income	Count	%
Not Working	207	20.4
£0-£19,999	212	20.9
£20k-£29,999	275	27.1
£30k-£39,999	126	12.4
£40k-£49,999	52	5.1
£50k-£59,999	42	4.1
£60k+	100	9.9
<b>Total</b>	1014	
Missing	11	

#### Income for those 2-3 years clean

Income	Count	%
Not Working	156	17.5
£0-£19,999	184	20.7
£20k-£29,999	254	28.5
£30k-£39,999	124	13.9
£40k-£49,999	44	4.9
£50k-£59,999	38	4.3
£60k+	91	10.2
<b>Total</b>	891	
Missing	10	

#### Income for those over 3 years clean

Income	Count	%
Not Working	133	16.8
£0-£19,999	156	19.6
£20k-£29,999	232	29.2
£30k-£39,999	112	14.1
£40k-£49,999	40	5.0
£50k-£59,999	36	4.5
£60k+	85	10.7
<b>Total</b>	794	
Missing	10	

#### Income for those 1-3 years clean

Income	Count	%
Not Working	74	33.6

£0-£19,999	56	25.5
£20k-£29,999	43	19.5
£30k-£39,999	14	6.4
£40k-£49,999	12	5.5
£50k-£59,999	6	2.7
£60k+	15	6.8
Total	220	
Missing	1	

**Income for those 3-6 years clean**

Income	Count	%
Not Working	36	21.2
£0-£19,999	34	20.0
£20k-£29,999	53	31.2
£30k-£39,999	21	12.4
£40k-£49,999	5	2.9
£50k-£59,999	6	3.5
£60k+	15	8.8
<b>Total</b>	170	
Missing	0	

**Q6 Have you gained any qualifications since you began attending meetings?**

Number of Qualifications	Count	%
0	611	43.1
1	599	42.3
2	120	8.5
3	44	3.1
4	16	1.1
5	3	0.2
<b>Missing</b>	23	
Total	1416	

**By Qualification Type – respondents could select more than one qualification**

None	611
GCSE	113
A-levels	148
Vocational	383
Bachelor's degree	160
Master's degree	99
Doctoral degree	8
Other	149
Total	1671

**Qualifications for those under a year clean**

	Count	%
0	263	72.1
1	92	25.2
2	8	2.2
3	2	0.5
4	0	0
5	0	0
Total	372	

**Qualifications for those 1-3 years clean**

	Count	%
0	124	56.1
1	76	34.4
2	13	5.9

3	2	0.9
4	1	0.5
5	0	0
Total	221	

### Qualifications for those 3-6 years clean

	Count	%
0	68.0	40.0
1	84.0	49.4
2	15.0	8.8
3	2.0	1.2
4	0.0	0.0
5	0	0
Total	170	

### Q7 Do you consider yourself to be:

Sexuality	Count	%
Heterosexual	1119	79.0
Bisexual	138	9.7
Gay or Lesbian	93	6.6
Pansexual	9	0.6
Asexual	2	0.1
Do not wish to answer	43	3.0
<b>Missing</b>	12	
Total	1416	

### Q8 How long have you been coming to meetings?

Time Coming to Meetings	Count
0-1 year	218
1-5 years	379
5-10 years	188
10-15 years	139
15-20 years	132
20 years plus	352
<b>Missing</b>	8
Total check	1416
<b>Mean Time coming to meetings</b>	12 (0dp)
<b>Min</b>	0
<b>Max</b>	40

### Q9 Before coming to NA, had you ever been convicted of a crime? Have you been convicted of a crime since coming to NA meetings?

Convictions prior	Count	%
Yes	758	53.5
No	595	42.0
Prefer not to answer	21	1.5
Missing	42	
<b>Total</b>	<b>1416</b>	

Of those who were convicted a crime prior to NA attendance, how many have been convicted since.

Reoffending	Count	%
Yes	80	10.6
No	668	88.1
Prefer not to answer	8	1.1
Missing	2	
Total	758	

**Q10 How long were you using drugs before you came to NA?**

<b>Time using drugs</b>	<b>Count</b>	<b>%</b>
Less than a year	18	1.3
1-5 years	97	6.9
5-10 years	194	13.7
10-15 years	264	18.6
15-20 years	288	20.3
Over 20 years	520	36.7
Missing	35	
<b>Total check</b>	<b>1416</b>	

**Clean time for those who used for more than 20 years**

<b>Clean time</b>	<b>Count</b>	<b>%</b>
Not clean	22	4.3
0-1 year	98	19.0
1-5 years	148	28.7
5-10 years	93	18.1
10-15 years	58	11.3
15-20 years	40	7.8
20-25 years	20	3.9
25-30 years	19	3.7
30 years plus	17	3.3
Missing	5	
<b>Total</b>	<b>515</b>	

**Q11 How long have you been drug-free?**

<b>Clean time</b>	<b>Count</b>	<b>%</b>
Not clean	92	6.5
0-1 year	280	19.8
1-5 years	338	23.9
5-10 years	188	13.3
10-15 years	124	8.8
15-20 years	117	8.3
20-25 years	75	5.3
25-30 years	52	3.7
30 years plus	131	9.3
<b>Missing</b>	<b>19</b>	
<b>Total</b>	<b>1416</b>	
<b>Mean clean time</b>	<b>10 (0dp)</b>	
<b>Min</b>	<b>0</b>	
<b>Max</b>	<b>47 (0dp)</b>	
<b>Total days clean all</b>	<b>4,869,964</b>	
<b>Total years for all</b>	<b>13,342.4</b>	

**Q12 If you have had any periods of clean time since coming to NA, have you ever relapsed?**

<b>Relapsed</b>	<b>Count</b>	<b>%</b>
Yes	743	52.5
No	655	46.3
<b>Missing</b>	<b>18</b>	<b>1.3</b>
<b>Total</b>	<b>1416</b>	

**Q13 If you have a home group, roughly how many people attend that group on average?**

<b>Home Group Size</b>	<b>Count</b>	<b>%</b>
Fewer than 5	81	5.7
5 to 10	191	13.5
11 to 20	641	45.3
More than 20	413	29.2



Missing	90	
Total	1416	

**Q14 How many meetings a week do you attend on average?**

	Count	%
Less than 1	171	12.1
1 to 3	504	35.6
3 to 6	555	39.2
6 to 9	117	8.3
9 to 12	29	2.0
12 plus	20	1.4
Missing	20	
Total check	1416	
<b>Mean</b>	3(0dp)	
<b>Min</b>	0.5	(less than one)
<b>Max</b>	25	

**Q15 Do you attend any foreign language meetings?**

	Count	%
Yes	55	3.9
No	1356	95.8
Missing	5	
Total check	1416	

Languages spoken at foreign language meetings	Count
Spanish	11
French	8
Farsi	9
Portuguese	4
Italian	3
Polish	3
German	2
Hungarian	1
Slovak	1
Hebrew	1
Serbo-Croatian	1
Norwegian	1
Danish	1
Hindi	1
Japanese	1

**Q16 Have you ever attended an online meeting?**

	Count	%
Yes	1254	88.6
No	160	11.3
Missing	2	
Total check	1416	

Members who answered this question after 30 April 2020 [after lockdown had started]

Post April responses only		
Attended an online meeting	Count	%
Yes	1011	89.9
No	114	10.1
Total	1125	

**Q17 Do you have a sponsor?**

Has a sponsor	Count	%
---------------	-------	---

Yes	1076	76.0
No	337	23.8
<b>Missing</b>	3	
<b>Total</b>	1416	

**Q18 Do you sponsor others?**

Sponsoring	Count	%
Yes	637	45.0
No	776	54.8
<b>Missing</b>	3	
<b>Total</b>	1416	

**Q19 How many sponsees do you have?**

Number of Sponsees	Count
None	778
1 to 2	99
2 to 4	148
4 to 6	79
6 to 8	29
8 to 10	9
10 plus	6
<b>Mean</b>	1 (0dp)
<b>Max</b>	20
<b>Min</b>	0

268 responses were missing on this question. We suspect people put themselves as sponsoring and then left this question because they currently have no sponsees, in fact the sum of the missing values and values 1 or above almost exactly matches the "yes" responses.

**Q20 Are you involved in NA service? Tick all that apply.**

Involved in Service	Count	%
Yes	912	64.4
No	502	35.5
<b>Missing</b>	2	
<b>Total</b>	1416	

Level of Service	Yes	No	Missing
Group	841	573	2
Area	268	1146	2
Region	63	1351	2
Europe	3	1411	2
World	8	1406	2
H&I	125	1289	2
PI	87	1327	2

**Q21 Who had the most influence in encouraging you to attend your first NA meeting?**

Most Influential	Count	%
NA member	526	37.1
Residential treatment/non-residential treatment	330	23.3
Drug worker	152	10.7
Family member (includes romantic partners)	128	9.0
Self	61	4.3
Mental health professional	48	3.4
Friend	41	2.9
NA literature	28	2.0
Medical professional	26	1.8
Other	22	1.6
Other 12 step	21	1.5
Prison	10	0.7
Internet	8	0.6
Probation services	5	0.4
Higher Power	3	0.2
Legal requirement	2	0.1

<b>Missing</b>	5	
<b>Total</b>	1416	

<b>Breakdown of medical professional/mental health professional</b>	<b>Count</b>
GP	15
Nurse	8
Doctor	1
Drug liaison midwife	1
Ambulance	1
Psychiatrist	34
Therapist	5
Counsellor	5
Mindfulness based addiction recovery	1
Addictions Psychotherapist	2
Domestic violence counsellor	1

**Q22 How did you first find out about NA?**

<b>Found out from</b>	<b>Count</b>	<b>%</b>
Residential treatment centre	390	27.5
NA member	263	18.6
Drug worker	136	9.6
Family (includes romantic relationships)	118	8.3
Online	104	7.3
Self-referred	84	5.9
Other 12 step fellowship	64	4.5
Prison	61	4.3
Local day programme	53	3.7
Other	44	3.1
Friend	42	3.0
Mental health professional	17	1.2
H&I	11	0.8
Medical professional	10	0.7
Detox	7	0.5
PI	3	0.2
Probation	2	0.1
<b>Missing</b>	8	0.6
<b>Total</b>	1417	

<b>Breakdown medical professional/mental health professional</b>	<b>Count</b>
GP	5
Hospital	2
Nurse	1
Ambulance	1
Therapist	7
Psychiatrist	2
Psychiatric Unit	2
Mental health services (unspecified)	1
Addictions psychotherapist	2
Counsellor	2

<b>Substance</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>N/A or missing</b>
Heroin	231	25	68	23	669	400
Methadone	332	29	130	18	384	523
Other opioid	274	45	277	69	416	339
Benzodiazepines	341	69	276	65	291	379
Crack cocaine	289	36	153	36	459	443
Powder cocaine	239	89	270	87	568	163
Amphetamines	378	92	273	78	316	279
Methamphetamine	553	34	65	15	76	675
MDMA	466	99	279	45	123	404
Hallucinogens	516	128	277	46	109	347

Ecstasy	437	104	313	65	146	352
Ketamine	540	66	137	31	88	554
Cannabis	302	83	310	83	471	168
Solvents	556	52	147	20	82	560
Barbiturates	502	56	145	29	107	577
Alcohol	169	55	313	105	694	80
Synthetic cannabinoids	596	16	33	9	36	726
Legal highs/ex legal highs	563	23	75	19	93	658
GHB	2	1	1	0	13	*
Prescriptions	0	0	5	0	15	*
Over the counter meds	0	0	0	1	1	*
Khat	0	0	0	0	1	*
Freebase	0	0	0	0	2	*
Steroids	0	0	0	0	1	*

\* No data. We don't know if respondents would have selected one of these if given the choice.

NB We asked participants to select N/A if they had never used the substance but we have concerns some may have selected 1 instead.

### Q23 Have you ever injected drugs?

	Count	%
Yes	711	50.2
No	696	49.2
<b>Missing</b>	9	
Total	1416	

### Q24 Were there any barriers to you attending your first NA meeting?

Barrier	Count
Thought you had to be clean to attend	136
Thought you had to be religious	199
I thought it was a cult	248
I was afraid of speaking in front of strangers	483
Concept of total abstinence	480
Felt there wasn't space for me because of my sexuality, gender or ethnicity	38
Language barrier	14
I didn't realise it was free to attend	55
I was taking a prescribed psychiatric medication	46
There weren't any meetings near me	75
I was taking methadone or buprenorphine	60
<b>Missing (includes no barriers)</b>	180
Total	2014

Other barriers	Count
Use of the word God	4
Didn't know what to expect	1
Hadn't heard of NA	49
Fear of dealing with past trauma	1
Fear of abusive sponsorship	1
Mental health concerns/problems	3
Physical disability (access requirements)	3
Afraid of being labelled	1
Afraid of being seen by friends/being recognised	8
Afraid to go to first meeting alone	1
Alcohol main/only drug of choice	7
Bad experience with other fellowship	2
Issues with self (denial, ego, unspecified fear, shame, pride)	61
Worried about being arrested	1
Didn't feel 'enough' of an addict (used 'softer' drugs/didn't inject/main Drug of choice was marijuana, hadn't used heroin)	40
Childcare	4
Could not read or write	1
Covid-19	4
Thought meetings were self-indulgent	1

Didn't know what an addict was	2
Fear of losing children	1
Didn't know meeting format	3
Meetings too late in the day	1
Hard to talk in a group	3
Worried about class discrimination	1
Felt worse than others	1
Didn't know what NA was	4
Felt different than	1
Put off by apparent wealth of members	1
Fear of being judged by members	1
Age (young)	5
Worried about career being damaged	4
Being forced to attend	1
No meetings in prison	1
Worried about seeing an ex	1
Unclear meeting list - no entrance marked	1
Bullying by members	1
Thought it was strange concept	2
Thought it was run by the government	1
Thought it wouldn't work	1

**Q25 To what extent do you feel NA has improved or worsened the following aspects of your life?**

Area of life	1	%	2	%	3	%	4	%	5	%	Missing
Housing	9	0.7	4	0.3	305	24.5	90	7.2	836	67.2	172
Quality of life	17	0.7	5	0.4	46	3.4	56	4.2	1212	90.7	80
Employment	16	0.7	12	1	305	24.7	119	9.6	783	63.4	181
Education	11	0.8	7	0.6	460	39.2	128	10.9	568	48.4	242
Social	15	0.7	13	1	95	7.1	137	10.3	1070	80.5	86
Family	20	0.7	13	1	124	9.4	144	10.9	1023	77.3	92
Health	26	0.7	19	1.5	128	9.6	149	11.2	1005	75.7	89

Responses of members who have been attending meetings for 1 year or more

Area of life	1	%	2	%	3	%	4	%	5	%	Missing
Housing	6	0.5	3	0.3	235	0.2	84	7.6	782	70.5	52
Quality of life	10	0.9	2	0.2	21	0	32	2.7	1106	94.4	12
Employment	7	0.6	9	0.8	232	0.2	103	9.3	754	68.2	54
Education	5	0.5	5	0.5	373	0.4	119	11.3	555	52.5	83
Social	7	0.6	9	0.8	65	0.1	106	9.1	981	84	14
Family	11	0.9	9	0.8	90	0.1	108	9.2	950	81.3	16
Health	19	1.6	12	1	92	0.1	125	10.7	916	78.7	19

**Q26 How important is NA to your identity?**

	Count	%
1 Not at all important	51	3.6
2 A little important	35	2.5
3 Somewhat important	273	19.3
4 Important	133	9.4
5 Very important	877	61.9
Missing	47	
Total	1416	