



Responsible Party program 2016-2017: Evaluation & Efficiency

Final Evaluation Report

The evaluation has been carried out and the report has been written by Pierre Maurage and Valérie Dormal, working in the Laboratory for Experimental Psychopathology (Université catholique de Louvain) as a part of the Responsible Party Program Evaluation.

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EXECUTIVE SUMMARY

Background

Responsible Party (RP) is the first pan-European alcohol-related prevention program for students, created by Pernod Ricard (PR), and dedicated to: (1) raising awareness about the risks of excessive alcohol consumption, and (2) proposing harm-reduction tools to reduce the negative consequences of alcohol over-consumption among young adults.

The main feature of the program is to implement a mechanism providing responsible drinking messages and tools to students during parties. During regular student parties, young adult volunteers, previously trained to master alcohol-related and health information, interact with their peers about the risks of excessive alcohol consumption and teach them some tips on how to prevent or reduce its adverse effects. Prevention and communication material is offered, such as flyers, water, condoms, sunglasses, blood alcohol level estimators, lanyards, pens and other material. Importantly, the RP events are non-branded.

In order to implement the program, PR has developed a partnership with the Erasmus Student Network (ESN), in operation since 2010, and has made a commitment to the European Alcohol and Health Forum, created by the European Commission, to reach 50,000 students each year. This partnership with ESN allows to specifically target students who perform an exchange stay in European countries, who have been identified as being particularly exposed to excessive alcohol consumption.

Aims & Methods

The following Final Evaluation Report is based on the analysis of students' evaluation questionnaire conducted between August 2016 and July 2017. The report assesses the alcohol consumption habits among European students and evaluates the perception and the appreciation of the RP program by the students attending the events.

Key Figures & Findings

A. FREQUENCY AND INTENSITY OF ALCOHOL CONSUMPTION

- **Consumption patterns. Prevalence of hazardous/harmful consumption (AUDIT) or binge drinking (Binge Drinking Score):**
 - **According to BD scores, a majority (67.5%)** of students in the sample **are non-binge drinkers**; 14.5% of the sample showed moderate binge drinking habits, and 18% can be considered as intense binge drinkers
 - **According to AUDIT score**, used to determine the dangerousness of the alcohol consumption pattern, **more than 40% of the sample showed a hazardous or harmful consumption** and 2.8% a possible dependence to this substance.
- **Beer** was the most frequently consumed type of alcoholic drink (42.7%), then wine (26.5%) and spirits (16.6%)
- The majority of the students drink **3 or 4 units during a typical party** (i.e. 33.7% of the sample), and at a mean rhythm of **1 dose per hour** (i.e. 36.5% of the sample).
- **Men drank more** alcohol and more frequently than women, and had **significant larger mean AUDIT and Binge Drinking** scores

B. RESPONSIBLE PARTY IMPACT

- **General perception:** The majority of the students considered the RP program as a **useful prevention program** (46.0% of participants strongly agreed and 42.8% agreed some)
 - In particular, the program appears efficient:
 - to raise awareness about alcohol consumption (52.6% of the participants strongly agreed)
 - to reduce the harmful effects of alcohol consumption (39.6% of participants strongly agreed and 44.3% agreed some).
- **Specific impact of RP during the party:** A slight decrease of alcohol consumption during the RP events was reported by students, **suggesting an encouraging impact** of the prevention messages transmitted by the RP program.
 - Students reported a **modification of their alcohol-related behaviors** (by drinking more water, for example; 61.4% of participants).
 - The majority of participants **slightly decreased their alcohol consumption during the party** (41.4% of participants, while 37.7% did not decrease it).
 - Students reported that **distribution of water** was most often accompanied by a responsible drinking message (74.5% of time), considered as **clear and useful** by the majority.
 - Among students who drank alcohol, we observed a **global decrease of both AUDIT and Binge Drinking scores** between the beginning and end of the academic year. Conversely, the average consumption was larger at the end of the year (i.e. 2.95 units/doses per occasion). The decrease of BD score seems **more important for the students who did participate to the RP**, suggesting a possible positive effect specifically on the BD Score. No significant difference was observed for the other alcohol consumption variables.

Main conclusions & Recommendations

- **GOALS OF THE PROGRAM:**
 - RP is positively perceived by students and reaches the two defined program aims, namely raising awareness and harm reduction
→ These two goals have to be maintained.
 - RP is related to **short-term alcohol consumption decrease** (i.e. during the party)
→ This should be considered as a **supplementary/complementary aim** of the program and should be evaluated in the future. To evaluate the efficiency and feasibility of this third objective, future evaluation should directly measure this probable decrease by comparing for example alcohol sales for RP and non-RP events, beyond self-reported measures reported in the present evaluation.
- **TARGETED POPULATION:**
 - **Exchange students** are an adapted target population for RP, as they are particularly exposed to excessive alcohol consumption
→ The collaboration with ESN seems highly relevant and has to be maintained and encouraged in the future.

- The diversification of the RP targets and development of complementary partnerships with other student organizations should be considered in order to extend the target to local students.
- **Countries:** The organization of RP events could be intensified in the more “vulnerable” countries, where binge drinking frequency is identified as very high.
- **MESSAGE:** Adapting the RP prevention message and focusing on consequences of excessive alcohol consumption on quality of life (e.g., reduced sleep quality, poor school performance, reduced social activities) should be a priority
- **TIPS: Distribution of water** should be privileged, accompanied with a clear responsible drinking message as it is considered as the most efficient harm reduction tool.
 - This distribution has to be encouraged and Party Squad has to be trained to deliver the appropriate message.
- **EVALUATION:** The global functioning of the questionnaires developed and implemented during the two last years appeared valid and efficient.

Recommendations for future evaluation:

- Increase **participation rate in some countries with low rate** - The intensification of the communication campaign should be proposed for some countries in which low rate of participation was observed despite a large exchange students’ community (e.g., France or Germany).
- Extended **evaluation to other specific aspects** of the program like :
 - the efficiency of the prevention message in a group context,
 - the efficiency of the peer-to-peer approach,
 - the adequacy between the prevention message and the modality of diffusion.
 - measuring and comparing the effective alcohol sale during RP and non-RP events to evaluate the potential short-term alcohol consumption decrease.

Responsible Party Program: Evaluation & Efficiency

1. Introduction and background to the program

Responsible Party (RP) is the first pan-European program tackling binge drinking among young adults, and particularly exchange students. RP is a prevention program conducted by Pernod-Ricard (PR) in partnership with the Erasmus Student Network (ESN), the largest and most important European student organization. Since 2010, the RP program is one of the commitments of Pernod Ricard towards the European Alcohol & Health Forum, a platform where key stakeholders working on alcohol-related issues can debate, compare approaches and propose actions to tackle alcohol-related harm.

The main aims of RP are twofold, namely (1) raising awareness among young adults about the risks of excessive alcohol consumption and (2) proposing harm-reduction tools to reduce the negative consequences of acute alcohol overconsumption during student events.

RP can be activated during any normal party. It is not the theme, but rather the label that provides a safer and more responsible environment for students. RP capitalizes on peer-to-peer interactions during parties, as the responsible drinking messages are delivered by a previously trained “Party Squad” composed of ambassadors. Through distribution of informative and responsible material (leaflets, gadgets, condoms, water, etc.), these RP ambassadors, recruited among students, approach their fellow students directly during parties and inform their peers on how to make good decisions and enjoy alcoholic beverages responsibly. This helps to maximize program’s efficiency, making sure that the right message has been disseminated to raise awareness among young adults. Implementation of the program is thus completely in the hands of the local ESN sections and their volunteers.

The RP program targets in priority adult students participating in European student exchange programs (e.g., Erasmus). Targeting young European exchange students is particularly relevant as they are an at-risk target (for a review, see Aresi et al., 2016a; Dormal et al., in preparation), and it is necessary to offer them information on harmful drinking and specifically on binge drinking. When students are in a foreign country, they use parties as a way to socialize with other people, and inappropriate alcohol consumption can occur on these occasions. During this period, they define themselves as ‘carpe diem people’, meaning that they want to enjoy their stay as much as they can (Aresi et al., 2016b). The RP program, based on the peer to peer system, is implemented with an innovative and collaborative approach in order to tackle this issue. In the present report, the alcohol consumption measures of exchange students will be systematically compared with the ones of local students (i.e. participants who did their study in their own country; considered as a control group) in order to evaluate the impact of exchange stay on these factors.

Importantly, RP parties are non-branded parties. This collaboration ensures the success of the program: in 7 years, of activities, 493 RP were organized in 32 countries at local and national levels, with the support of the International Board of ESN and of PR local affiliates, and raised over 332.000 participants (January 2016). Actually, the RP program aims to target 50,000 students per year (out of the 250,000 students in Erasmus exchange per year).

Since 2015, the program has been evaluated by an independent third party – researchers from the Psychological Sciences Research Institute of the Université catholique de Louvain (UCL, Belgium).

This final report combines quantitative and qualitative analyses, and includes recommendations on possible improvements on the program as well as on its implementation and evaluation.

2. Evaluation approach: Methodology and procedures

2.1 Aims and methodology

The evaluation of the RP program has been conducted during the 2016-2017 academic year and consisted of the development, data collection and analyses of an online questionnaire for European students aiming to evaluate the efficiency of the program, and specifically its impact on alcohol knowledge among students, on the reduction of the negative effects related to excessive alcohol consumption, and on the modification of consumption behaviors.

The aim of the students' questionnaire was twofold: (1) to explore alcohol consumption habits among young adults studying in European Universities, and in particular to measure the changes observed in this consumption during the exchange stay abroad; (2) to evaluate the efficiency and validity of the Responsible Party program, i.e. to explore whether this program fulfills the aims described above. The target population was defined as European students, with a special focus on Exchange students.

The methodological approach consisted of a **longitudinal online questionnaire**, composed of two phases: a first survey launched at the beginning of the academic year (**T1**), targeting exchange students (i.e. just before or during the first days of their exchange stay) and local students who did not attend the Responsible Party program, and a follow-up second survey launched just after the end of the exchange stay or about 6 months later for the local students (**T2**), targeting the same student sample (see Fig. 2 for an example of timeline). The survey has been created and carried out by means of an on-line survey application, *Qualtrics*, and was available in four languages (English, French, Spanish and Italian).

2.2 Improvements implemented compared to the 2015-2016 evaluation

In the 2015-2016 final evaluation report, a series of methodological and practical recommendations was formulated in order to improve the functioning and quality of the evaluation of the RP program. In particular, the main aims were : (1) to increase the global participation rate, (2) to increase the representativeness of the different countries, and consequently the validity of the information obtained and (3) to improve the accuracy of the consumption measures, the periods covered and the evaluation of RP program perception(e.g., alcohol consumption measure specifically during the exchange stay; number of participation in RP). The majority of these recommendations were implemented for the 2016-2017 evaluation.

- **Survey diffusion improvement**

In collaboration with the ESN RP team, a global and local communication plan for the launching phase has been developed. Personalized and individualized contacts were made between RP ESN

coordinators and each ESN section representative to inform them about the functioning and the objectives of the RP questionnaire (see Appendix 1 for an exemple of instruction email sent to ESN sections). Moreover, weekly follow-up was maintained at local level by ESN RP coordinators.

A large diffusion campaign was also organized via different social networks (i.e. Facebook, Twitter and Instagram). Launching countdown, presentation of incentives, and several recall ensured a large promotion of the RP questionnaire to reach a maximum of European students (Fig.1; see Appendix 2 for more examples of this promotion campaign).



Fig. 1: Example of Facebook post to promote the RP questionnaire.

- **Country's targets definition**

To ensure a valid representativeness for each European country, individualized target was defined for each country as function of the effective local and exchange students population (see Appendix 1 for the details of defined targets). These targets were communicated to each ESN section before the launching of the RP questionnaire, and a contest was organized in order to boost the motivation of each section. Weekly feedbacks were proposed to each ESN representative, via RP coordinators (see Appendix 4 for an example of this intermediary report).

- **Timing adjustment**

Some important adaptations concerning the launching timing were made to obtain more participation at the beginning of the Academic year for local students and before the exchange stay (or during the first days/weeks) for exchange students. Indeed, adapted calendar for the launching of promotion campaign was proposed as a function of the beginning of academic year in each country (see Appendix 5 for the details). Moreover, RP questionnaire was available earlier than during the previous year (i.e. mid-August; Fig. 2) to reach specifically Northern countries like Finland or Iceland.

Importantly, the second phase of the survey was individually adapted to optimally fit with the individual agenda of each local and exchange student. Each local student was thus individually contacted by email 6 months after the completion of the first part of the survey, while each exchange student was contacted just after the end of his/her exchange stay (Fig. 2).

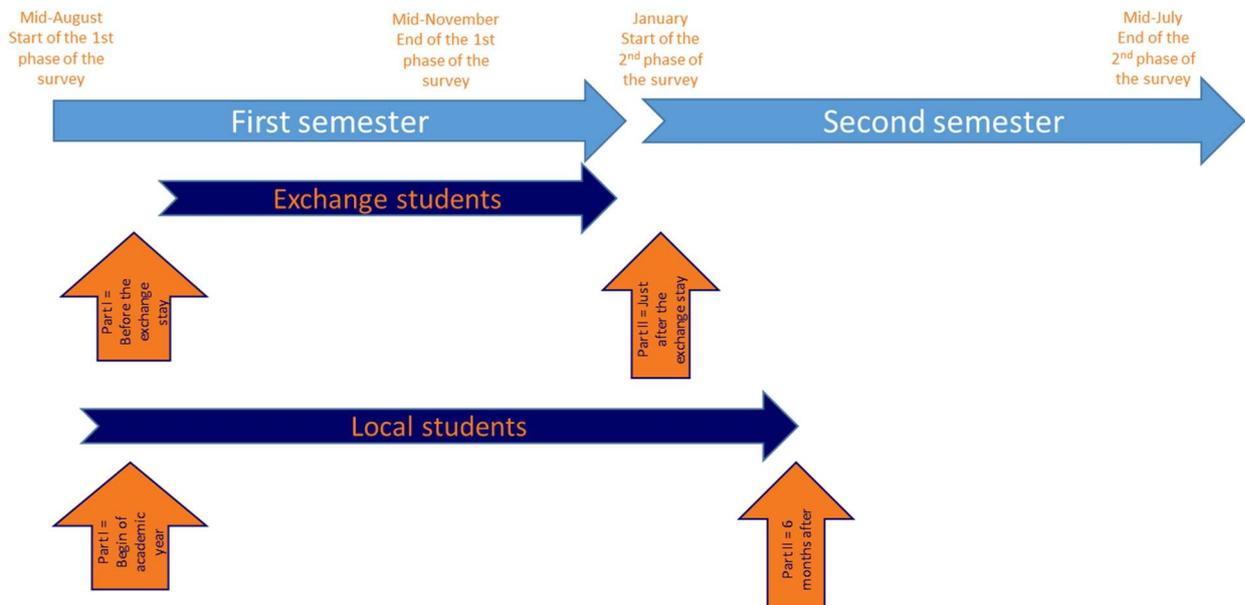


Fig. 2: Timeline of the RP questionnaire launch phases.

• Questionnaire content adaptation

Some additional questions were added compared to the 2015-2016 questionnaire to improve the quality and the precision of self-reported measures. In particular, more precise data were collected regarding the exchange stay (e.g., begin and end dates, city and country). In the second part of the survey, all the questions concerning alcohol consumption were clearly defined to evaluate the consumption during their exchange stay.

Finally, complementary questions regarding the perception of RP by students were added to the final questionnaire in order to evaluate the specific impact of distribution of gadgets, and how were perceived the responsible messages accompanying this distribution (see Appendices 6 and 7 for the complete questionnaires).

2.3 Description of the questionnaire

2.3.1 PART ONE (T1)

The first part of the questionnaire was available online between Mid-August and Mid-November 2016 (Fig. 2). It was designed to investigate the following four aspects (see Appendix 6 for the complete questionnaire):

- Local and exchange students' demographic information
- Students' drinking habits and use of other substances
- Students' personality-psychological dimensions
- Students' knowledge about and attendance at responsible parties

In the online survey, the **first section** investigated demographic data including students' gender, age, nationality, as well as their field of studies, university, country and city where they were studying. For the exchange students, complementary questions were proposed about university, country and city where they were in exchange, and about the duration and type of their exchange program.

The **second section** included questions investigating students' drinking habits and use of other substances. Alcohol consumption was specifically assessed by the AUDIT (Alcohol Use Disorder Identification Test) questionnaire and by questions referring to "binge drinking" behaviour. AUDIT is a standard test used to assess alcohol consumption habits referring to hazardous drinking, harmful drinking or alcohol dependence (Saunders et al., 1993a;b). This tool was developed based on WHO criteria for alcohol consumption and the resulting score is used to determine the level of danger of the consumption pattern. There is currently no clear definition of binge drinking, but based on the existing literature, we may propose that it characterizes a pattern of alcohol consumption consisting in drinking large quantities of alcohol within a short time interval (Keller et al., 2007). This kind of behaviour is also characterized by the speed at which people drink alcohol and by the rapid onset of drunkenness. For healthy adults in general, drinking more than 5 drinks on any day or 21 per week (4 drinks on any day or 14 per week for women) is considered "at-risk" or "heavy" drinking. Binge drinking is a pattern of alcohol consumption characterized by repeated alternations between intense periods of alcohol intake and abstinence (Crego et al., 2009). Questions about "binge drinking" behaviour thus assessed the consumption rate, the number of years of alcohol consumption, the frequency of episodes of drunkenness and the usual consumption during the previous six months. A binge drinking score (Townshend & Duka, 2005) was computed by using the following formula: $[(4 * \text{consumption speed}) + \text{drunkenness frequency} + (0.2 * \text{drunkenness percentage})]$. Note that for this questionnaire, an alcohol unit corresponded to about 10 g of pure ethanol and that infographic was used to illustrate this measure and help participants to evaluate their consumption (Fig. 3).



Fig. 3: Representation of one unit of alcohol as a function of alcoholic drinks.

The **third section** was composed of two validated questionnaires assessing a number of psychological factors directly related to alcohol consumption, namely drinking motivation and quality of life. The Drinking Motives Questionnaire-Revised (DMQ-R; Grant et al., 2007; see Appendix 6) assessed the motivations to drink alcohol according to Cooper's model (1994) and targeted the motivations of improvement (which characterizes consumption as a way of experiencing positive emotions), social order (which refers to consumption in order to increase social benefits), compliance (which refers to drinking alcohol to avoid negative evaluations by others) and of anxiety/depression coping (which refers to drinking alcohol to deal with anxiety affects and/or depression). The second questionnaire was the Alcohol Quality of Life Scale (AQoLS), measuring health-related quality of life, specifically in relation to alcohol consumption (Luquiens et al., 2014; 2015; see Appendix 6). The AQoLS comprises 34 items, measuring seven dimensions: Activities (e.g., I have felt I miss out on everyday activities with family and friends), Relationships (e.g., Alcohol has interfered with my relationships with friends), Living conditions (e.g., Alcohol has had a negative effect on my housing situation), Negative emotions (e.g., I have worried about alcohol causing problems in my life), Self-esteem (e.g., I have neglected my general health), Control (e.g., I have planned my days around alcohol) and Sleep (e.g., I have not been getting enough sleep).

Finally, the **fourth section** evaluated students' knowledge of, participation in and personal opinion about the RP program. In this section, we explored, among students who have participated to at least one RP: (1) how they have identified the presence of the RP program, (2) what they have received during the RP (e.g., water, leaflets, goodies, etc.), and (3) whether the distribution of tools and gadgets was accompanied by a responsible drinking message. In particular, the clarity, precision and usefulness of this message was evaluated. Finally, the impact of the RP program on students' alcohol-related knowledge (e.g., whether they have learned new information and tips about responsible consumption) and behaviors (e.g., whether they alternated with soft drink or reduced their alcohol consumption), during the RP party and in general, was assessed.

2.3.2 PART TWO (T2)

The second phase of the survey was launched at the end of the exchange stay (for Erasmus students) or 6 months after the first phase (for Local students; Fig. 2). Each participant was individually contacted by email.

The structure of the second phase of the survey was quite similar to the first phase (i.e. the four sections), except that (1) the demographics section was reduced, and (2) for the students who did participate to an exchange stay, we asked them all the questions related to their alcohol consumption to specifically consider the period during their exchange stay (see Appendix 7 for the complete questionnaire).

3. Findings - Main results

3.1 First phase

In this section, a summary of the data collected during the first phase of the questionnaire will be presented. First, a description of the sample and data concerning alcohol consumption habits of

European students in terms of frequency, intensity and consumption pattern will be described. Then, the results about RP program attendance and the perception of this program by students will be developed.

3.1.1 Socio-demographic data

A total of **30,437 participants** (including **12,784 exchange students**) completed the questionnaire. Within the total sample, a majority of women (6484 women and 3790 men, 70% and 30% respectively; Fig. 4) and an age range from 18 to 51 years (with an average of 21.9 ± 2.3 years) were observed (Fig. 5). For exchange students, a similar distribution was found for gender (68.4% women, 31.61% men) and age (range: 18-51 years; mean: 21.87 ± 2.2 years). The Erasmus (European Region Action Scheme for the Mobility of University Students) program was followed by 85% of students in exchange stay.

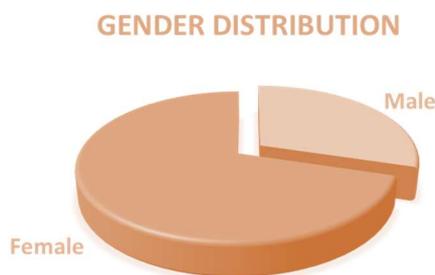


Fig. 4 Gender distribution for all students.

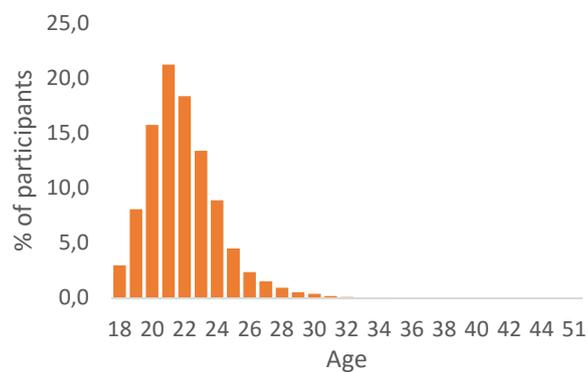


Fig. 5 Age distribution for all students.

Regarding geographical distribution, many European countries were represented (Fig. 6) as well as some countries outside Europe. Participants came from **52 different countries**, including 11 countries outside Europe. For the local students, the three most represented countries were **Portugal** (2824 participants), **Greece** (1700 participants) and **Italy** (1666 participants; Table 1).

Table 1 Number of participants as a function of country for local students.

Country	Local students
Portugal	2824
Greece	1700
Italy	1666
Spain	1628
Turkey	1275
Poland	959
The Netherlands	705
France	606
Germany	602
Romania	588
Croatia	413

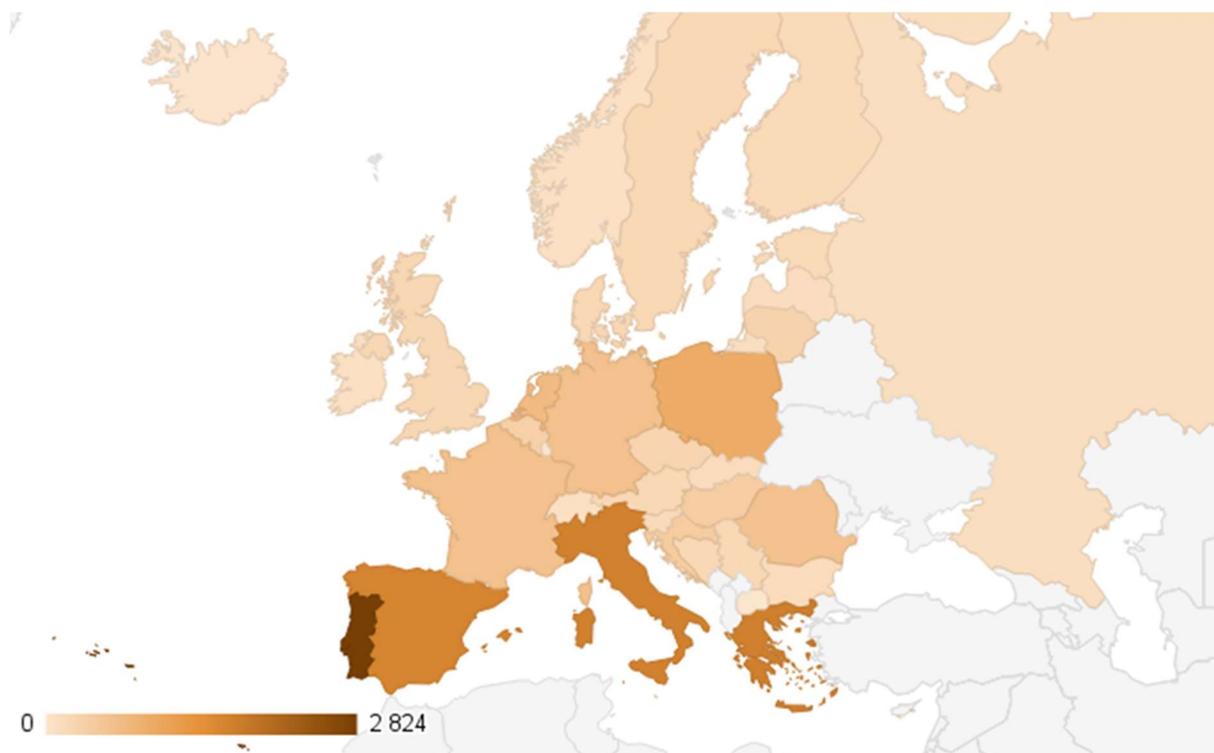


Fig. 6 Geographical distribution of participants for the local students. The dark orange color represents the largest scores.

Regarding exchange students, they came mostly from **Spain** (1677 participants), **Italy** (1272 participants) or **Germany** (996 participants; Table 2a, Fig. 7) and made their exchange stay mainly in **Spain** (1736 participants), **Poland** (1280 participants) and **Portugal** (1044 participants; Table 2b, Fig. 8).

Table 2 Number of participants as a function of (a) exchange destination and (b) country of origin for exchange students.

a.

Country of destination	Exchange students
Spain	1736
Poland	1280
Portugal	1044
Italy	923
The Netherlands	732
Sweden	662
France	596
Germany	520
Belgium	451
Finland	434

b.

Country of origin	Exchange students
Spain	1677
Italy	1272
Germany	996
Portugal	970
France	864
Turkey	736
Poland	431
The Netherlands	379
Belgium	291
Greece	271

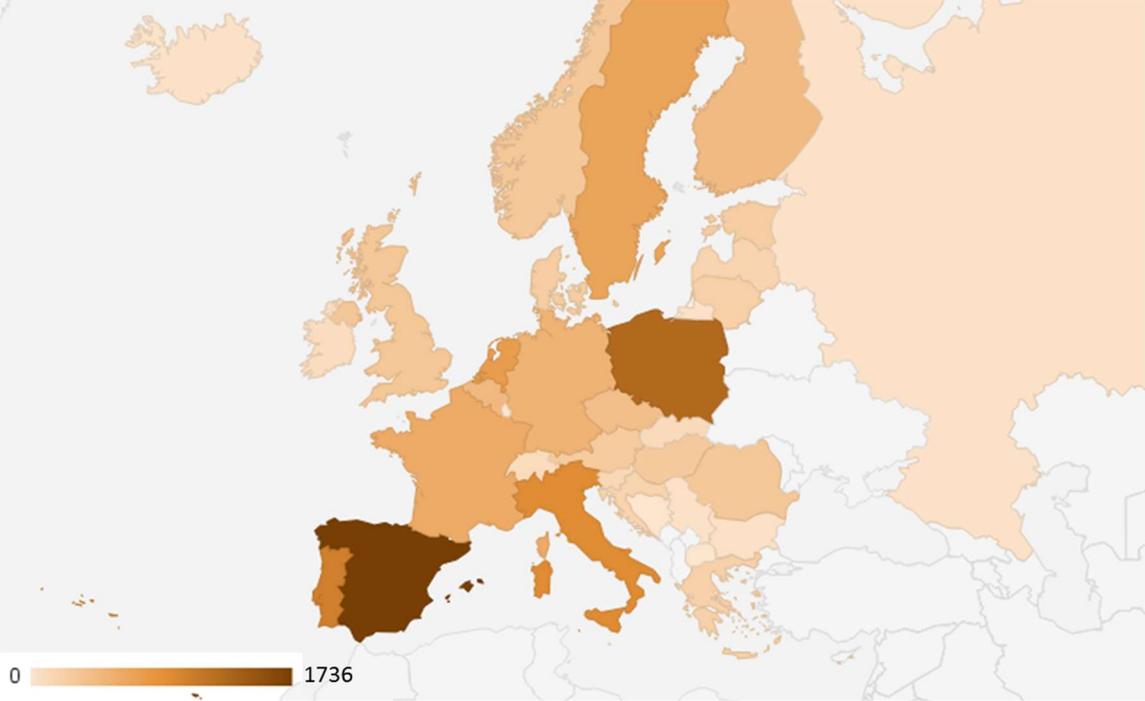


Fig. 7 Geographical distribution of exchange participants as a function of **exchange destination**. The dark orange color represents the largest scores.

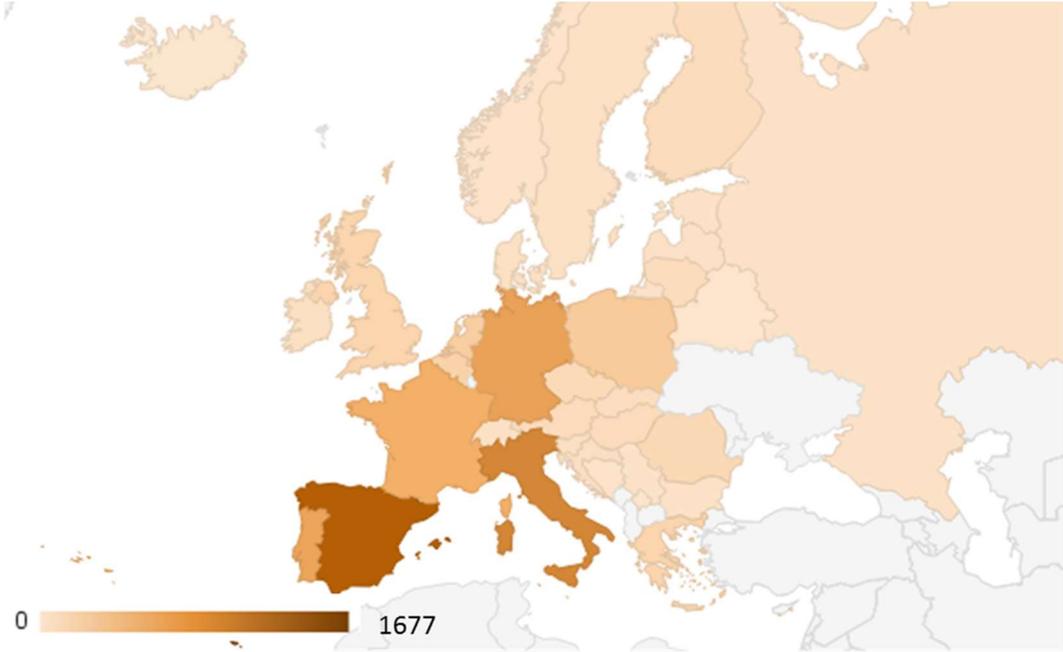


Fig. 8 Geographical distribution of exchange participants as a function of their **country of origin**. The dark orange color represents the largest scores.

3.1.2 Frequency and intensity of alcohol consumption

Note that all the following analyses were performed only among participants who were (1) students, (2) aged between 18 and 35 years old and (3) who completed at least 70% of the questionnaire. Moreover, incoherent responses for alcohol consumption were deleted (e.g., drinking 100 doses during one occasion) This sample corresponded to **26,010 participants** (29.1% males, mean age: 21.9 ± 2.2 years old), including **11,044 exchange students** (i.e. 42.5% of the sample).

- **Global level**

In the whole sample, 93.7 % of the participants (i.e. 24,381 participants) drank alcohol at least once during the previous six months; 1629 participants being teetotalers (Fig. 9). As described in Table 3, among students who drank alcohol, the average consumption is 4.34 units/doses per week. The majority of the students drinks 3 or 4 units during a typical party (i.e. 33.7% of the sample), and at a rhythm of 1 dose per hour (i.e. 36.5% of the sample). Beer was the most frequently consumed type of alcoholic drinks (42.7%; Fig. 10).

ALCOHOL CONSUMPTION (AT LEAST ONE DRINK PAST 6 MONTHS)



Fig. 9 Percentage of participants who have drunk at least one dose of alcohol during the past 6 months.

TYPES OF ALCOHOLIC DRINKS

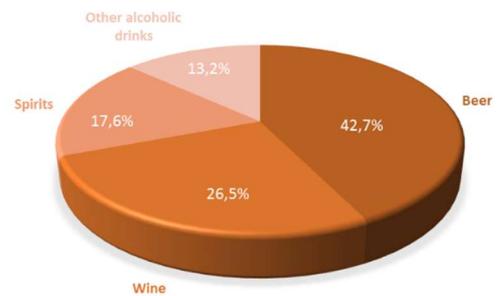


Fig. 10 Distribution of alcohol consumption by beverage type among all students.

Table 3 Alcohol consumption characteristics among students.

	Mean	Standard deviation
Mean number of doses/week	4.34	5.96
Mean number of doses during a typical party	Percentage	Number of participants
1 or 2	19.5	4754
3 or 4	33.7	8216
5 or 6	27.2	6632
7, 8 or 9	14.0	3413
10 or more	5.7	1390
Consumption speed	Percentage	Number of participants
< 1 dose / hour	17.0	3997
1 dose / hour	36.5	8569
2 doses / hour	32.3	7583
3 doses / hour	10.9	2560
> 3 doses / hour	3.3	771
Consumption of more than 6 doses per occasion	Percentage	Number of participants
Never	33.7	8216
Less than 1x / month	36.0	8777
1x / month	20.0	4876
Every week	10.0	2438
Every day or almost every day	0.3	73

When looking at the consumption speed, a significant proportion of students (36.5%) drank on average one unit per hour. Regarding the frequency at which students consumed more than six drinks on one occasion, about 33.7% never did, 10% did so every week and less than 1% did so every day. Finally, students consumed alcohol for the first time on average at the age of 15.48 ± 1.99 years (Fig. 11), while the mean age of the first drunkenness episode was 17.05 ± 2.1 years old.



Fig.11: Distribution of participants according to the age at first alcohol consumption episode.

The mean **AUDIT score** (see p. 8 for a definition of the AUDIT score), used to determine the dangerousness of the alcohol consumption pattern, for the all sample was 7.67 ± 5.09 (range: 1-40). Importantly, when we look at the score distribution, more than 40% of the sample showed a hazardous or harmful consumption and 2.8% a possible dependence to this substance (Fig. 12). Regarding the **Binge Drinking score** (see p. 8 for a definition of the Binge Drinking Score), which evaluates a pattern of alcohol consumption consisting in drinking large quantities within a short time interval, 14.5% of the sample showed moderate binge drinking habits, and 18% can be considered as intense binge drinkers (Fig. 13). The mean Binge drinking score was 14.85 ± 13.98 (range: 0-80).

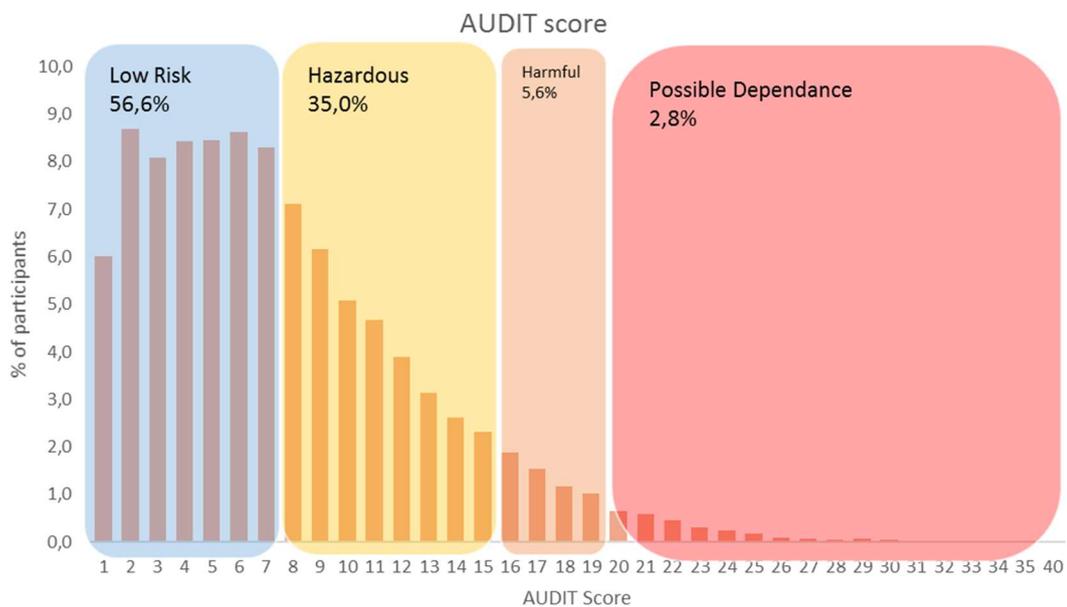


Fig. 12 Distribution of AUDIT score among all the students.

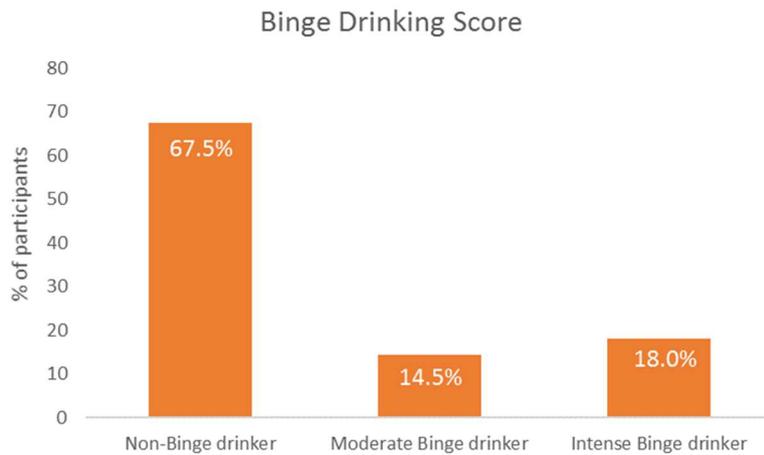


Fig. 13 Distribution of Binge Drinking score among all the students.

- **Gender Differences**

In general, and in line with recent results reported in the literature (e.g., Kuntsche & Gmel, 2013; Mäkelä et al., 2006), we observed that men drank more alcohol than women, and had significant larger mean AUDIT and Binge Drinking scores (Table 4 and Fig. 14).

Table 4 Mean alcohol consumption of all students as a function of gender.

	Male	Female
AUDIT Score	9.17 ± 5.6	7.07 ± 4.7
Binge Drinking Score	18.1 ± 15.6	13.53 ± 13.0
Mean number of doses per week	6.25 ± 8.1	3.58 ± 4.6

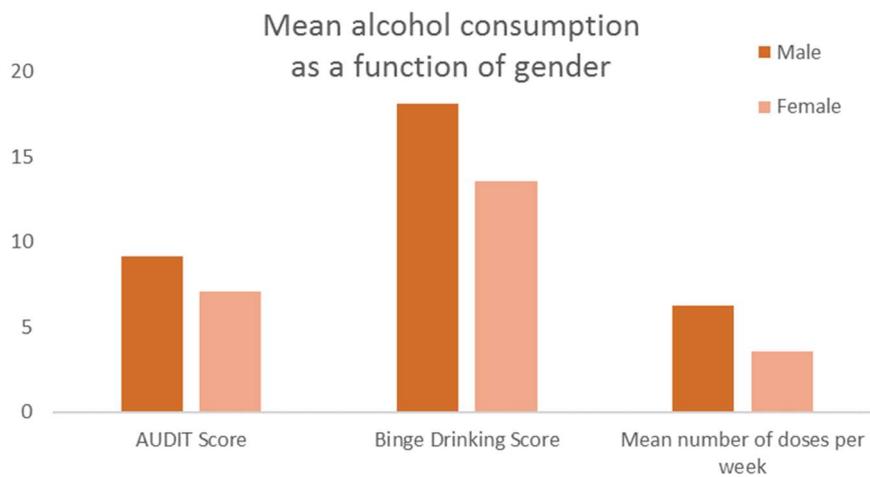


Fig. 14 Mean alcohol consumption (AUDIT score, Binge Drinking score, and mean number of doses/week) of participants as a function of gender.

- **Differences between Local and Exchange students**

Overall, students who have begun or planned an Exchange stay drank on average larger amounts of alcohol than local students (Table 5 and Fig. 15), even before starting their exchange stay. They also showed both larger AUDIT and Binge Drinking scores (Table 5 and Fig. 15).

Table 5 Mean alcohol consumption as a function of student’s status.

	Local students	Exchange students
AUDIT Score	7.24 ± 4.9	8.26 ± 5.2
Binge Drinking Score	13.86 ± 13.2	16.1 ± 14.8
Mean number of doses per week	3.65 ± 5.4	5.26 ± 6.4

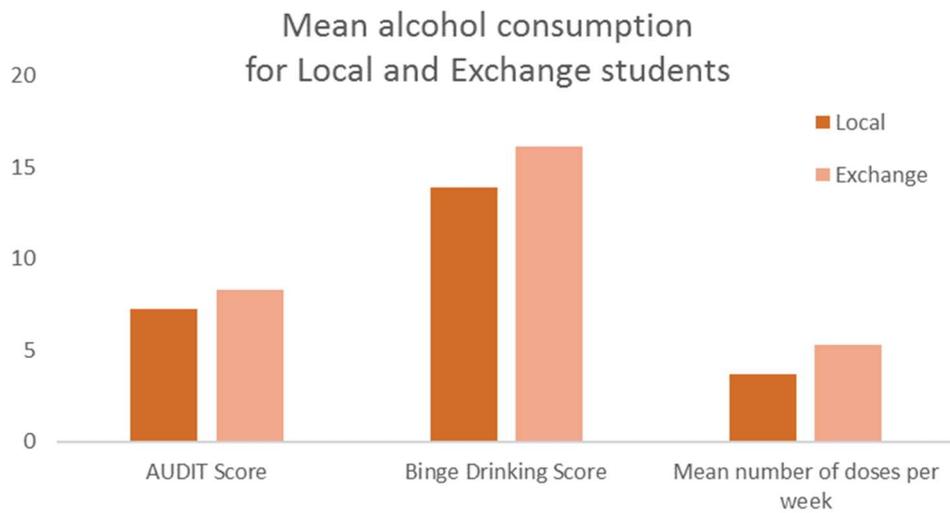


Fig. 15 Mean alcohol consumption (AUDIT score, Binge Drinking score, and mean number of doses/week) for local and exchange students.

- **Geographical differences among local students for the Binge Drinking Score**

A comparison of alcohol consumption in the countries with the highest participation rate was made. First, local students from Ireland (mean score= 24.35), Norway (mean score= 18.6) and Denmark (mean score= 18.41) showed the highest binge drinking scores (Table 6; Fig. 16).

Table 6 Binge Drinking score as a function of countries for the local students.

	Countries	Number of participants	Binge Drinking Score
1	Ireland	65	24.35
2	Norway	62	18.60
3	Denmark	169	18.41
4	United Kingdom	170	18.19
5	Sweden	168	17.49
6	Belgium	268	17.26
7	France	455	16.98
8	Finland	141	16.68
9	Switzerland	64	16.60
10	Czech Republic	208	16.47

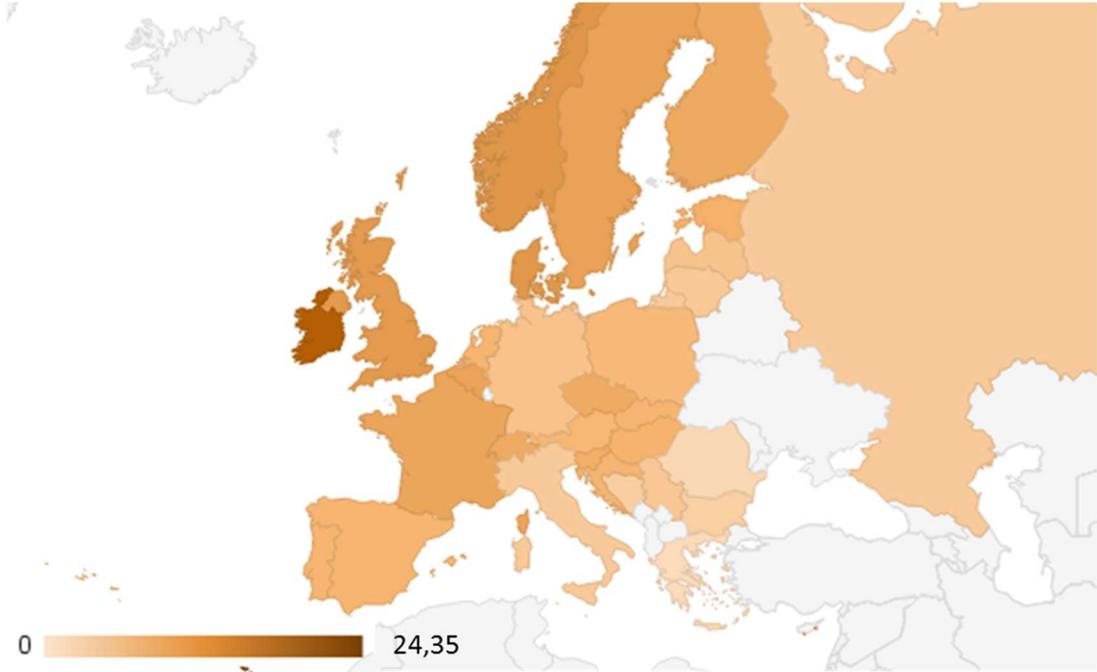


Fig. 16 Geographical distribution of Binge Drinking Scores for local students.

A direct comparison with the data of the European School Survey Project on Alcohol and Other Drugs (ESPAD) collected in 2015 on 96 043 students (15 – 16 years old) from 35 European countries showed a continuity with our data, mainly concerning the Northern countries (Denmark, Norway, Sweden; Fig. 17).

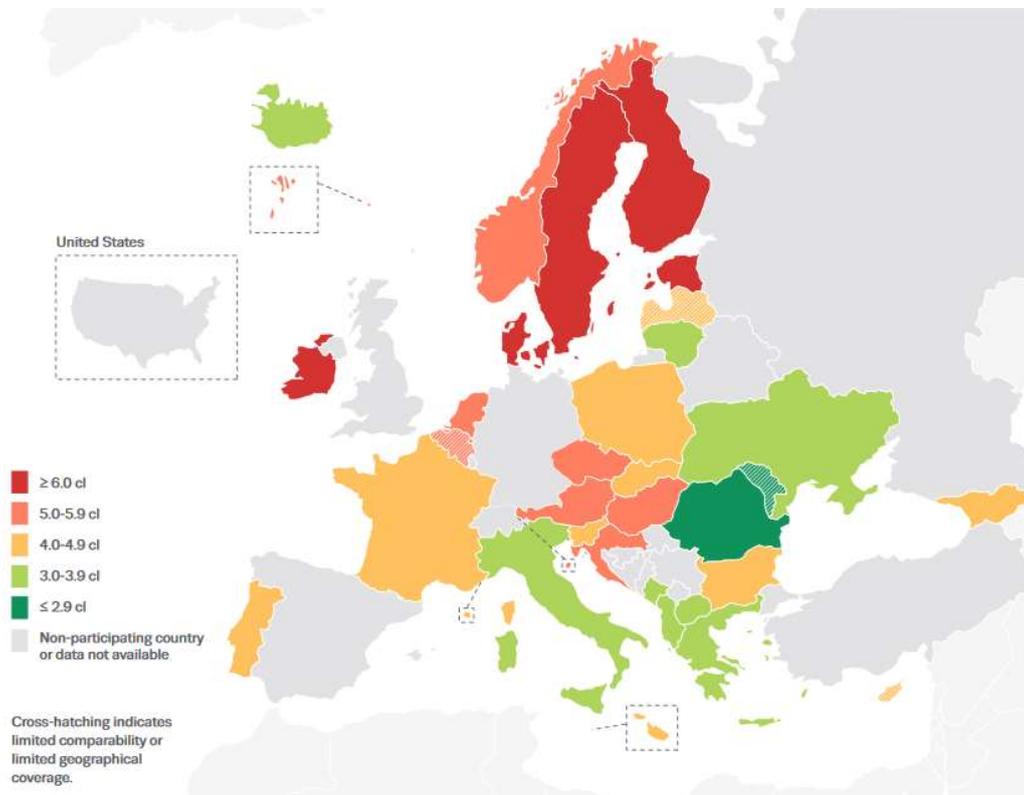


Fig. 17 Average alcohol intake on the last drinking day in centiliters of ethanol among user (ESPAD, 2015).

3.1.3 Responsible Party program evaluation

Regarding the Responsible Party program, 44.1% of the participants (4,101 students including 1,783 in exchange stay) had heard about this program and 10.3% had already attended one of these events (960 students including 463 exchange students; Fig. 18). Students identified the presence of the Responsible Party program at a party thanks to the presence of the Party Squad (77%), to distributed gadgets (67%), and posters and flyers (66%; Fig. 19).

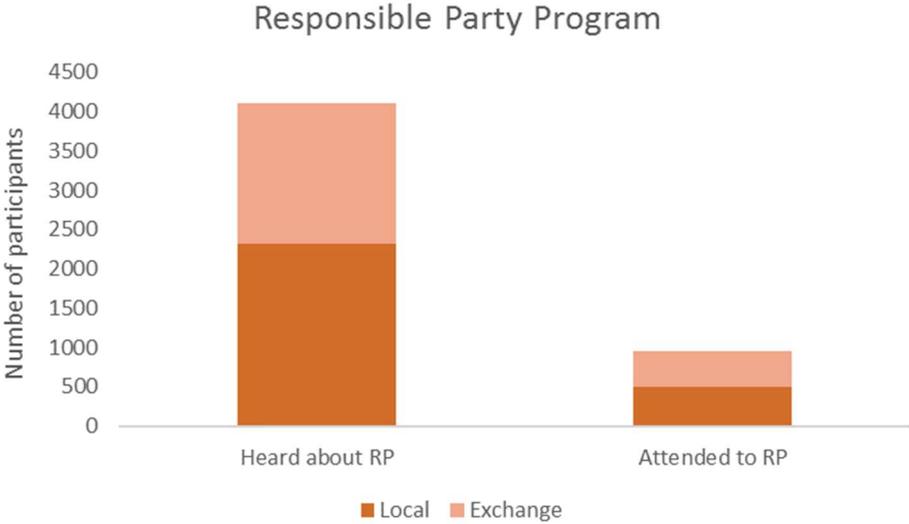


Fig. 18 Number of students who had heard about RP program and attended to a Responsible Party for local and exchange students.

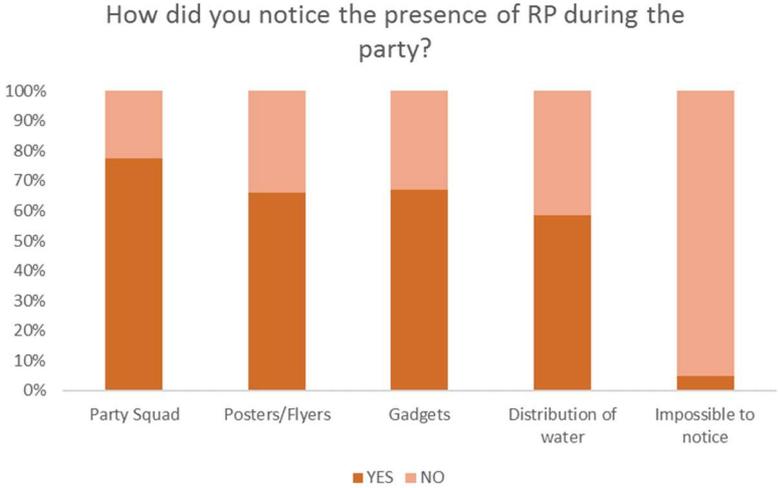


Fig. 19 Answers' distribution for the question "How did you notice the presence of RP during the party?".

During the party, the majority of the students received water and/or food (1019 students; Fig. 20) and for 76.5%, this distribution was accompanied by a responsible drinking message.

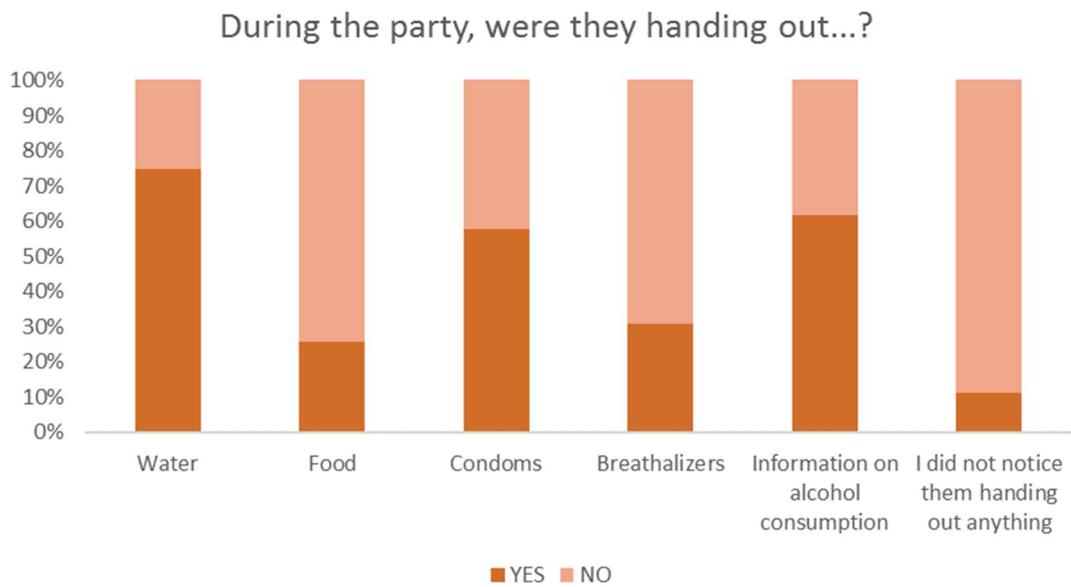


Fig. 20 Distribution of answers for the question "During the party, were they handing out...?".

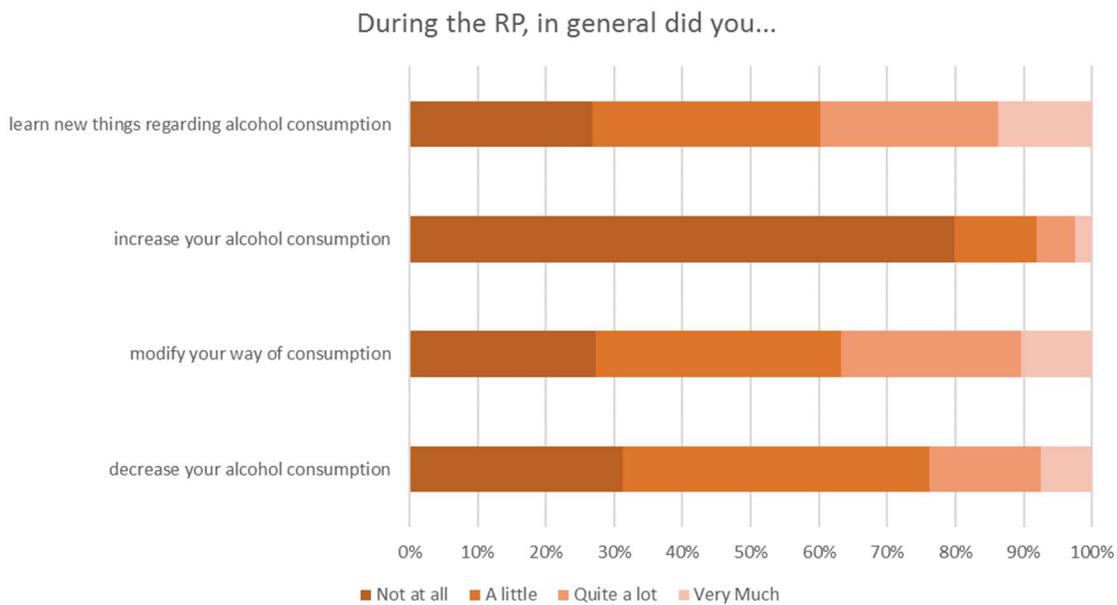


Fig. 21 Distribution of answers concerning the impact of RP program during the party.

The majority of students fully or partially agreed with the idea that during the Responsible Party they have learned new things about alcohol consumption (40%; Fig. 21). 37% of participants have modified their way of consumption, and 24% decreased significantly their alcohol consumption during the party. For these students, Responsible Party is primarily a program providing information on alcohol consumption (79% of participants strongly or partially agreed) and supplying tools to control

their consumption (more than 60% of the participants completely agreed). And globally, the majority of the students considered the program as a useful and efficient prevention program (Fig. 22).

In general, what is the RP program in your opinion?

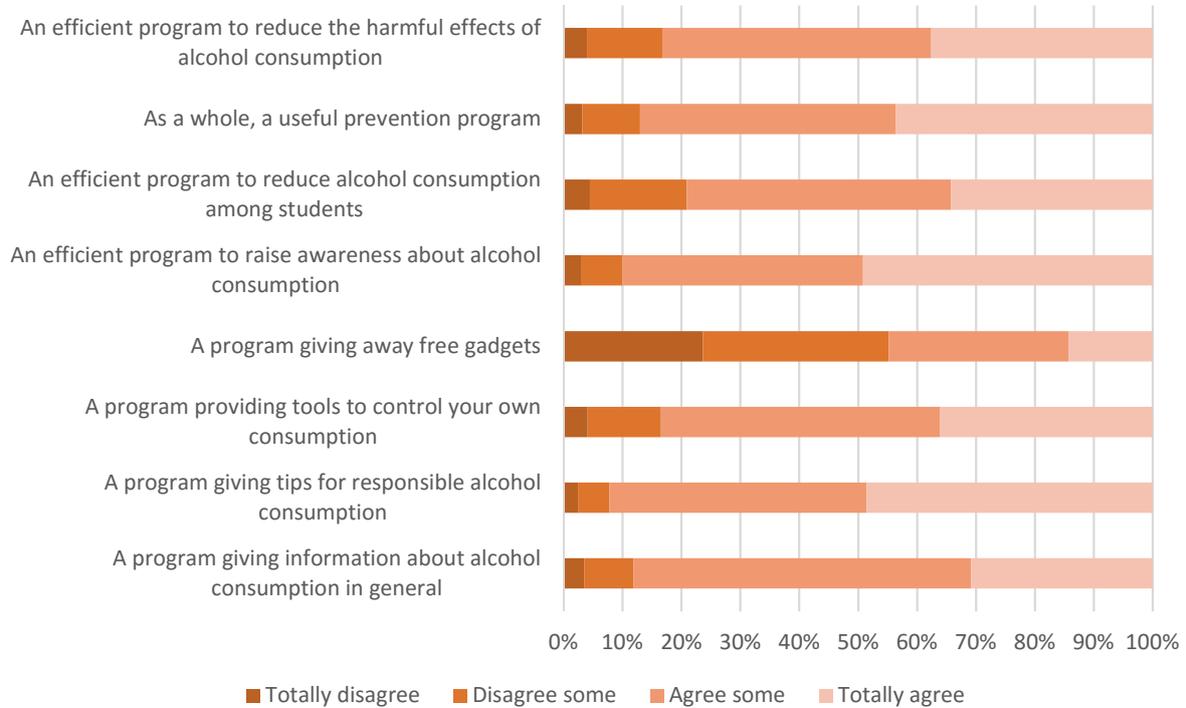


Fig. 22 Answers' distribution concerning the opinion of students about the RP program.

3.2 Second phase and comparison with the first phase

All participants of the first phase of the questionnaire who gave their email address were contacted again and invited to complete the second phase of the questionnaire. Each exchange students was contacted about 1 month after the end of his/her exchange stay, while the local students were contacted about 6 months after they completed the first phase. In this section, a summary of the demographic data of the sample collected during the second phase of the questionnaire will be presented. Direct comparisons between the two phases were performed in order to compare the alcohol consumption habits of students before and during their exchange stay. The impact of the Responsible Party program on both opinion about alcohol consumption and effective consumption were also explored.

3.2.1 Socio-demographic data

A total of **11,350 participants** completed the second phase of the online questionnaire (37.3% of the total sample in phase 1), including **4,797 exchange students**. Within the total sample, a majority of women (8,232 women and 3,118 men, 72.5% and 27.5% respectively; Fig. 23) and an age range from 18 to 47 years (with an average of 22.07 ± 2.44 years) were observed (Fig. 24). For exchange students, a similar distribution was found for gender (71.4% women, 28.6% men) and age (range: 18-47 years; mean: 21.88 ± 2.12 years). The majority of the exchange students (3,022 students, 63%) spent between 4 and 6 months in exchange (Fig. 25).

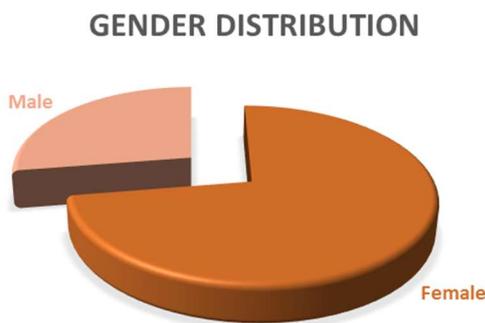


Fig. 23 Gender distribution for all students in Phase 2.

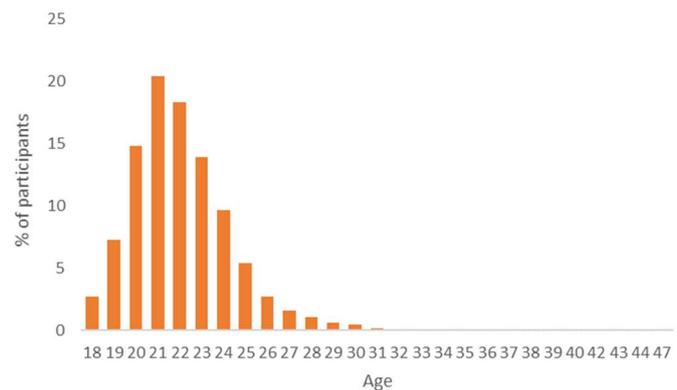


Fig. 24 Age distribution for all students in Phase 2.

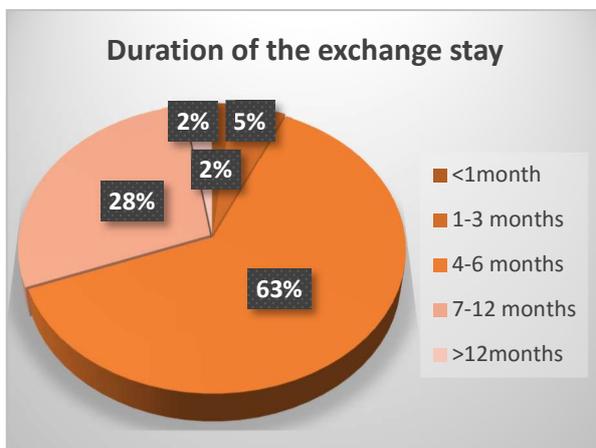


Fig. 25 Distribution of exchange stay duration for exchange students.

Regarding geographical distribution, participants came from **52 different countries** and the three most represented countries for the local students were Italy (782 participants), Spain (679 participants) and Portugal (668 participants). Exchange students came from Spain (737 participants), Italy (700 participants) and Germany (438 participants), and did their exchange stay in Spain (701 participants), Poland (465 participants) and Portugal (368 participants; see Table 7 for the top 10 list).

Table 7 Number of participants in the second phase as a function of country and type of student.

	Local Students			Exchange Students					
	Country of origin	n	%	Country of origin	n	%	Country of destination	n	%
1	Italy	782	13.9	Spain	737	15.3	Spain	701	14.5
2	Spain	679	12.1	Italy	700	14.5	Poland	465	9.6
3	Portugal	668	11.9	Germany	438	9.1	Portugal	368	7.6
4	Greece	529	9.4	Portugal	392	8.1	Italy	326	6.8
5	Turkey	418	7.4	France	386	8.0	Sweden	270	5.6
6	France	262	4.7	Turkey	221	4.6	The Netherlands	265	5.5
7	Poland	235	4.2	Other	184	3.8	France	235	4.9
8	The Netherlands	192	3.4	The Netherlands	179	3.7	Germany	214	4.4
9	Croatia	172	3.1	Belgium	174	3.6	Finland	192	4.0
10	Germany	161	2.9	Poland	157	3.3	Belgium	167	3.5

3.2.2 Frequency and intensity of alcohol consumption

Note that all the following analyses were performed only among participants who were (1) European students, (2) aged between 18 and 30 years old and (3) who completed at least 70% of the questionnaire. Moreover, participants with incoherent or missing response for alcohol consumption were deleted. This sample corresponded to **9,483 participants** (73.4% of females, mean age: 21.8 ± 2.06 years old), including **4,215 exchange students** (i.e. 44.4% of the sample).

- **Global level**

In this T2 sample, 92.8 % of the participants (i.e. 8,796 participants) drank alcohol at least once during the previous six months, 687 participants being teetotalers. As described in Table 8 and Fig. 26, among students who drank alcohol, we observed a global decrease of both AUDIT and Binge Drinking scores at T2. Conversely, the average consumption was larger at T2 (i.e. 2.95 units/doses per occasion).

Table 8 Alcohol consumption characteristics among all students for T1 and T2.

Total Sample	T1	T2
AUDIT Score	7.60 ± 4.92	7.43 ± 4.99
Binge Drinking Score	14.25 ± 13.34	13.19 ± 12.36
Mean number of doses per occasion	1.56 ± 1.52	2.95 ± 4.85
Number of occasions per week	2.47 ± 1.53	1.83 ± 1.45

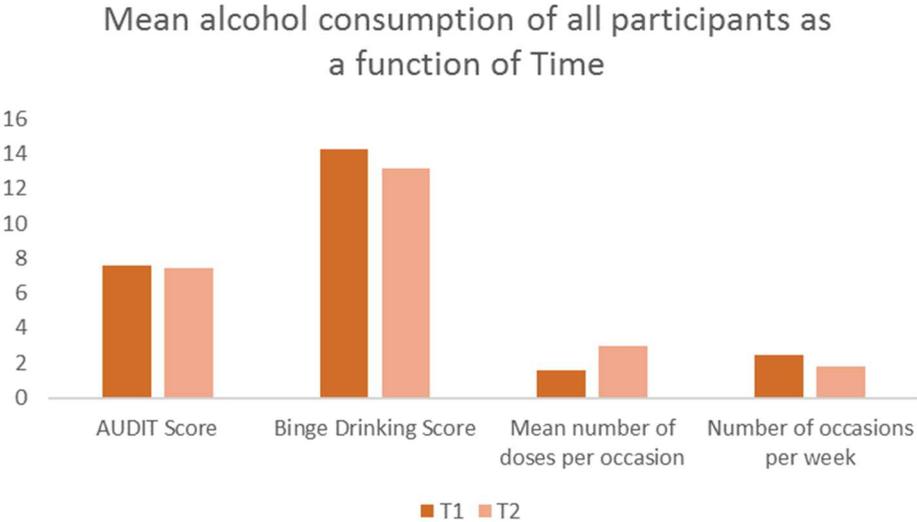


Fig. 26 Mean alcohol consumption (AUDIT score, Binge Drinking score, mean number of doses/occasion and mean number of occasions per week) of all participants as a function of Time.

- Gender Differences**

Similar differences between genders were observed in T1 and T2: men drank more alcohol and more frequently than women, and had significant larger mean AUDIT and Binge Drinking scores (Table 9 and Fig. 27).

Table 9 Mean alcohol consumption of all T2 sample as a function of gender.

T2	Female	Male
AUDIT Score	6.85 ± 4.66	9.03 ± 5.52
Binge Drinking Score	12.09 ± 11.41	16.22 ± 14.26
Mean number of doses per occasion	2.81 ± 5.01	3.34 ± 4.36
Number of occasions per week	1.69 ± 1.37	2.21 ± 1.61

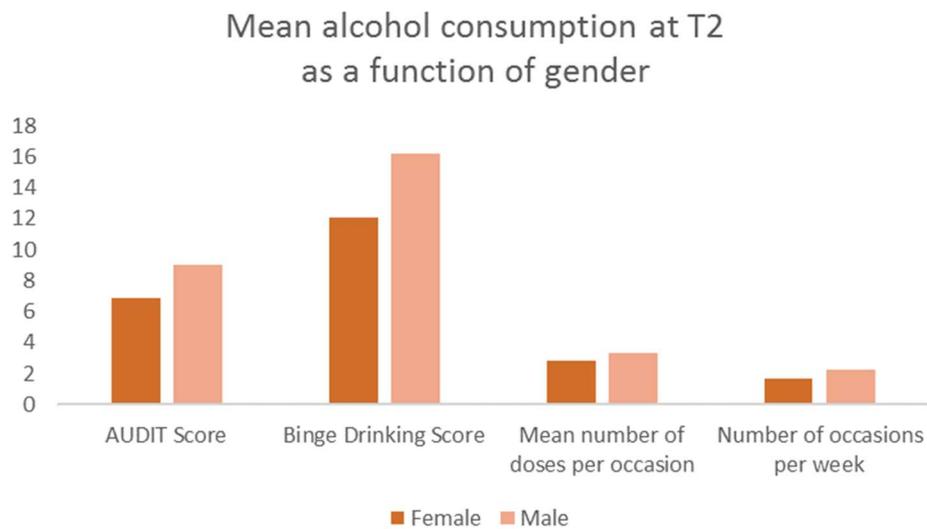


Fig. 27 Mean alcohol consumption (AUDIT score, Binge Drinking score, mean number of doses/occasion, and mean number of occasions/week) of participants at T2 as a function of gender.

- **Differences between Local and Exchange students**

In this section, the comparisons of alcohol consumption measures at T1 and T2 allowed us to evaluate the impact of exchange stay on the mean consumption. Indeed, several studies have shown that the mean alcohol consumption (i.e. number of drinks per week) and negative alcohol-related consequences (e.g., missed classes, fighting, injuries, regretted sexual activities) of American (Pedersen et al., 2010) and European (e.g., Aresi et al., 2016b) students increased significantly during their exchange stay (for a review, see Aresi et al., 2016a). Here, we extend these data in a large pan-European sample (9,483 participants from 41 European countries) and in particular, we explore the modulation of binge drinking habits in this population. Moreover, we also identified the countries in which binge drinking score was the higher among local and exchange students respectively.

Table 10 Mean alcohol consumption as a function of student status.

	Local		Exchange	
	T1	T2	T1	T2
AUDIT Score	7.12 ± 4.79	6.33 ± 4.54	8.05 ± 5.06	8.54 ± 5.33
Binge Drinking Score	13.31 ± 12.34	11.01 ± 9.77	15.37 ± 14.36	15.80 ± 14.49
Mean number of doses per week	3.57 ± 4.93	3.84 ± 7.75	5.15 ± 6.42	7.5 ± 9.14
Number of occasions per week	2.34 ± 1.56	1.42 ± 1.22	2.62 ± 1.49	2.32 ± 1.57

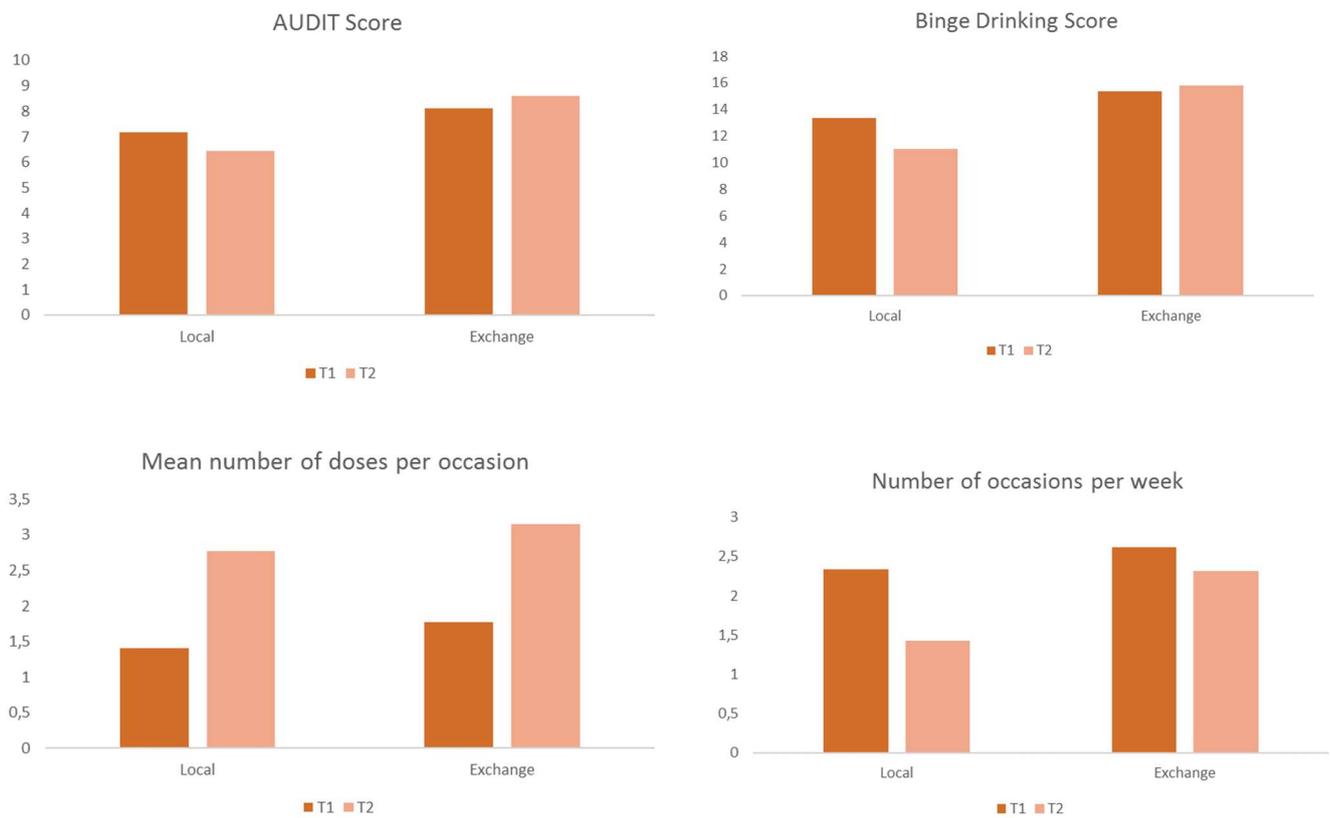


Fig. 28 Mean alcohol consumption (AUDIT score, Binge Drinking score, mean number of doses/occasion and mean number of occasions per week) at T1 and T2 for local and exchange students.

First, we observed that Exchange students had larger AUDIT and BD scores at T1 (i.e. before or at the beginning of their exchange stay; Fig. 28), suggesting that students who planned to make an exchange stay could represent a predetermined sample with high risks of alcohol misuse and binge drinking habits. Similarly, exchange students also drank more frequently and more intensely than local students at T1 (Fig. 28).

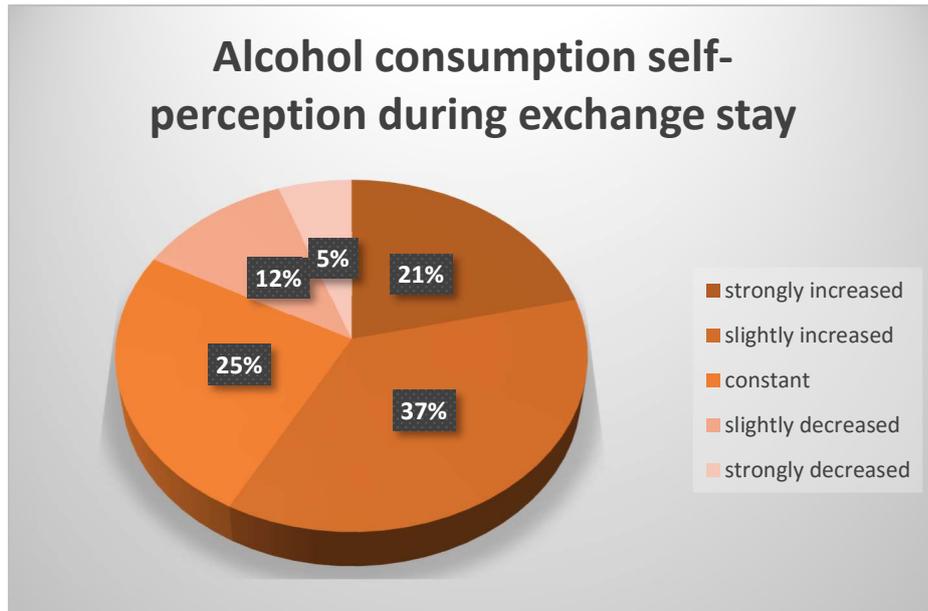


Fig. 29 Self-perception of their modulation of alcohol consumption during exchange stay by exchange students.

Secondly, the self-perception of the alcohol consumption for the exchange students during their exchange stay (compared to the consumption before this exchange) was evaluated and more than 50% of students reported that they had the impression that their consumption have increased during their stay (Fig. 29). Importantly, the comparison of their real consumption before and during their exchange revealed a significant increase of their alcohol consumption, confirming the self-perception of students. Indeed, the direct comparison of T1 and T2 showed that (1) the mean AUDIT and Binge Drinking scores decreased at T2 for the Local students, while a significant increase was found for the Exchange students, (2) the mean number of doses per occasion increased in both local and exchange students at T2, and (3) the mean number of occasions per week decreased significantly for both groups at T2 (Fig. 28). These findings suggest that even if Exchange students drank less frequently during their exchange stay (i.e. decrease of the number of drinking occasions per week), they increased significantly their alcohol consumption (i.e. more alcohol units per occasion) when they were in exchange stay. The increase of AUDIT and BD scores observed in exchange students at T2 showed that these students had a tendency to adopt more harmful alcohol consumption and to practice binge drinking behavior during their exchange stay.

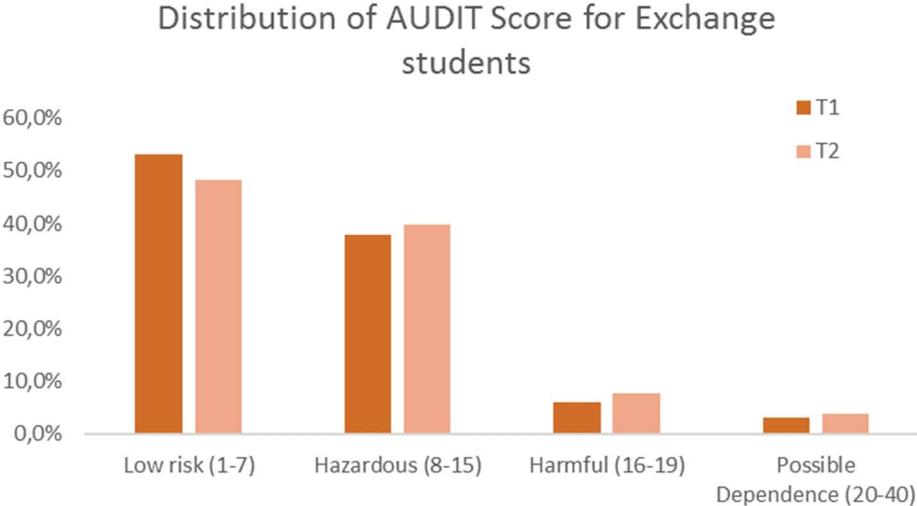


Fig. 30 Distribution of AUDIT score at T1 and T2 for exchange students.

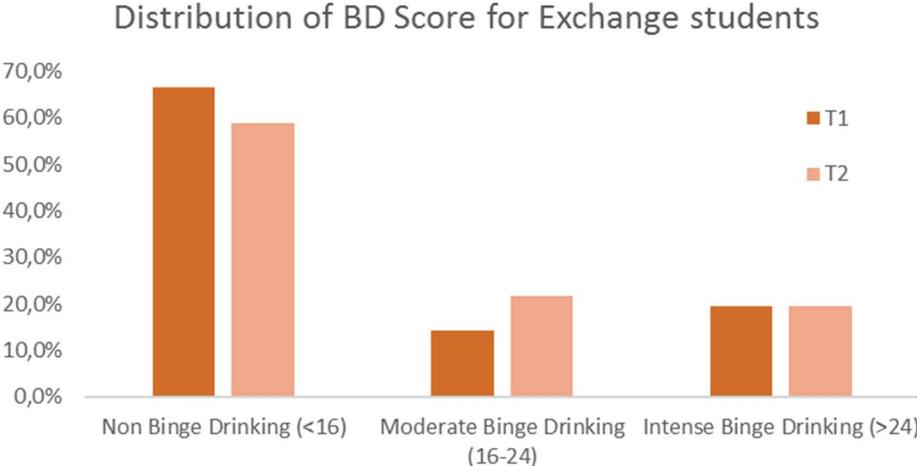


Fig. 31 Distribution of Binge Drinking (BD) score at T1 and T2 for exchange students.

The proportion of exchange students presenting AUDIT score corresponding to hazardous or harmful alcohol consumption behaviors was larger at T2 compared to T1 (Fig. 30). Similarly, we found more moderate Binge drinkers during their exchange stay than in baseline (Fig. 31).

- **Geographical distribution for the Binge Drinking Score at T2**

A comparison of alcohol consumption in the countries with the highest participation rate was conducted at T2. First, local students from Denmark (mean score= 15.63), Sweden (mean score= 14.87) and United Kingdom (mean score= 14.74) showed the highest binge drinking scores (Table 11; Fig.32).

Table 11 Binge Drinking score as a function of countries for the local students.

	Local countries	n	BDScore
1	Denmark	51	15.63
2	Sweden	58	14.87
3	United Kingdom	50	14.74
4	Croatia	166	14.53
5	Slovenia	56	14.32
6	The Netherlands	168	13.56
7	Hungary	130	13.27
8	France	219	12.50
9	Bosnia-Herzegovina	59	12.17
10	Serbia	58	12.03

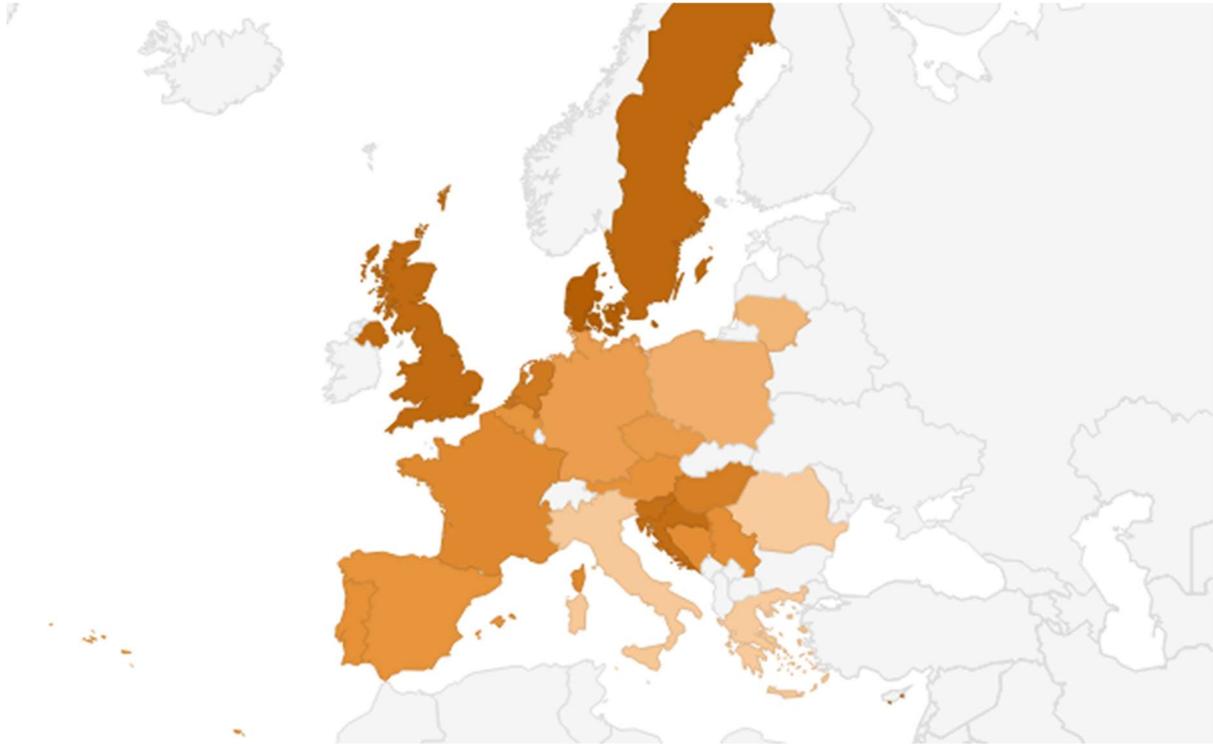


Fig. 32 Geographical distribution of Binge Drinking Scores for local students at T2.

Then, regarding exchange students, the highest binge drinking scores were observed in exchange students from the UK (mean score= 20.8), France (mean score= 18.27) and Belgium (mean score= 18.22; Table 12; Fig. 33) and having their exchange stay in Romania (mean score= 21.45), Slovenia (mean score= 21.37) and Lithuania (mean score= 20.00; Table 12; Fig. 34).

Table 12 Binge Drinking score as a function of countries of origin (left) and exchange destination (right) for the exchange students.

	Exchange: Countries of origin	n	BD score		Exchange destination	n	BD score
1	United Kingdom	72	20.80	1	Romania	81	21.45
2	France	345	18.27	2	Slovenia	50	21.37
3	Belgium	162	18.22	3	Lithuania	77	20.00
4	Poland	152	18.16	4	Latvia	53	18.51
5	Spain	642	17.23	5	Poland	383	18.39
6	Portugal	318	17.02	6	Estonia	106	17.33
7	Slovakia	55	16.72	7	Greece	57	16.92
8	The Netherlands	162	16.48	8	The Netherlands	202	16.64
9	Austria	58	15.31	9	Czech Republic	134	16.22
10	Germany	385	14.82	10	Portugal	308	15.93

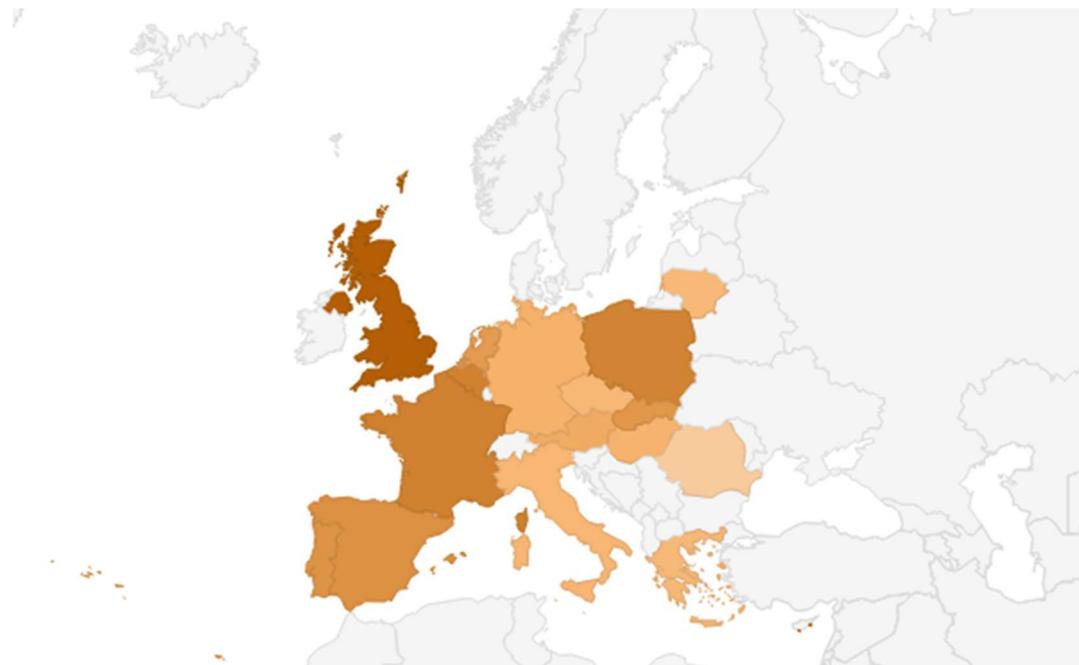


Fig. 33 Geographical distribution of Binge Drinking Scores for exchange students as a function of their countries of origin at T2.

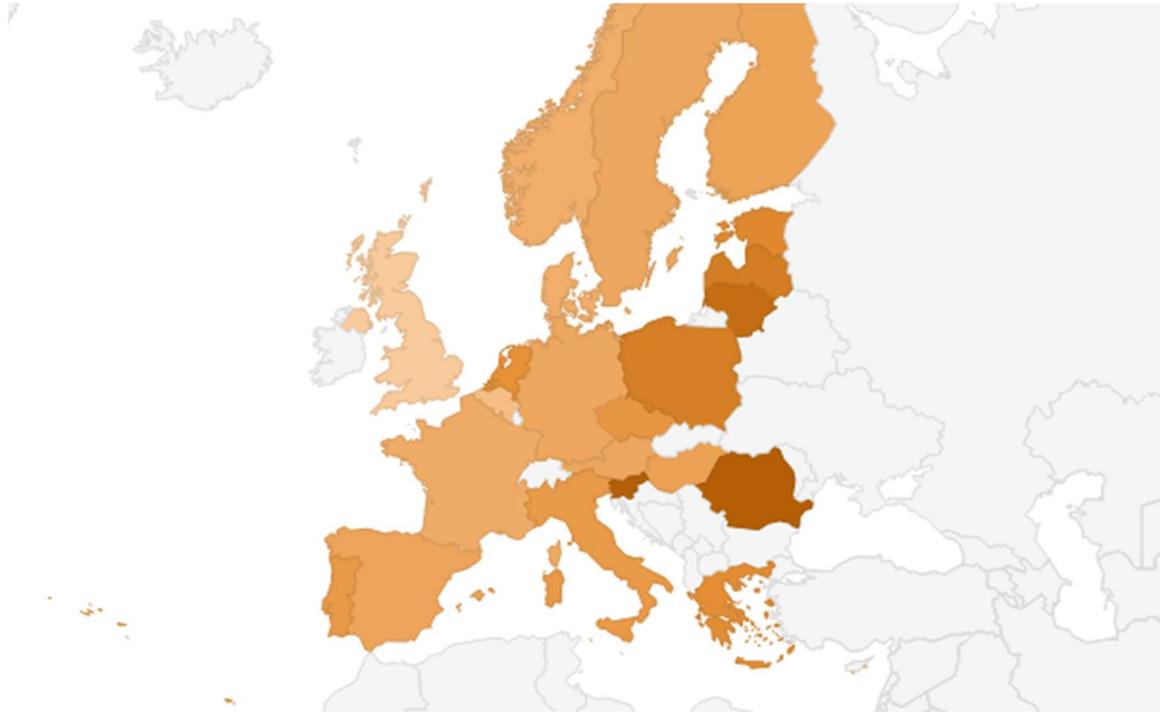


Fig. 34 Geographical distribution of Binge Drinking Scores for exchange students as a function of their exchange destination at T2.

- *Psychological factors and alcohol consumption*

First, the DMQR questionnaire (Grant et al., 2007; see p.11 for more details) evaluates drinking motivations of local and exchange students. At T2, we clearly observed that the social, conformity and enhancement motivations were larger for exchange students during their exchange stay than for local students, while no significant difference was observed for coping (Fig. 35). The principal motivations to drink of exchange students were thus to meet other people and socialize, to avoid negative judgments from their pairs, because of the social pressure and also to have the positive sensations provided by alcohol.

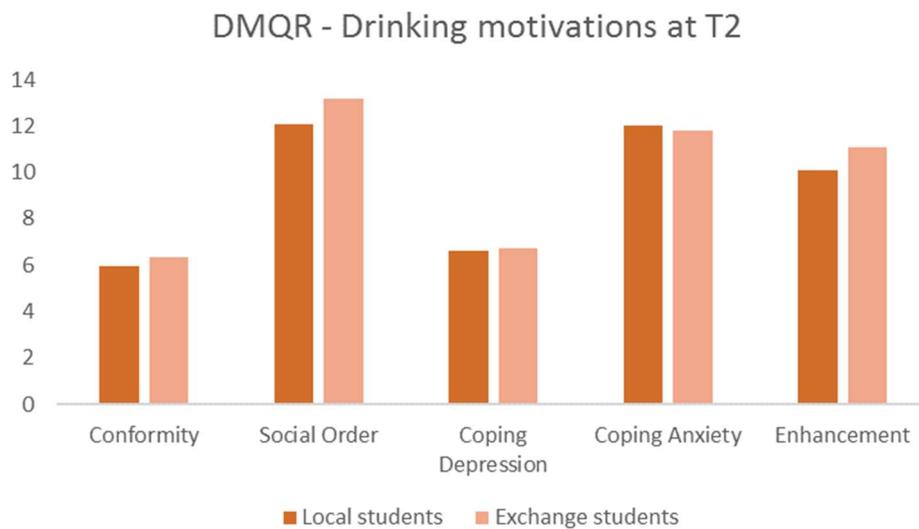


Fig. 35 Mean drinking motivations at T2 for local and exchange students.

Then, the Alcohol Quality of Life Scale (AQoLS; Luquiens et al., 2014; 2015; see p.12 for more details) was used to explore the negative impact of excessive alcohol consumption on students' quality of life. Globally, at T1, a complex non-linear relationship between Binge Drinking and AQoLS scores was identified, showing that: (1) Moderate BD pattern has a robust negative effect on quality of life, while more intense BD leads to a stabilization of this impact; (2) BD does not strongly impact social, personal, and working activities, but increases the perceived loss of control over consumption; (3) Low alcohol use does not affect AQoLS, but harmful or hazardous consumption (as measured by the AUDIT) leads to massive deleterious impact on quality of life; (4) The strongest impact of BD on quality of life is found among males and Eastern European students (see Dormal et al., submitted, for more details). Moreover, at T2, the impact on quality of life was larger in exchange students (mean AQoLS score: 8.54) than in local students (mean AQoLS score: 7.47; Fig. 36). These results demonstrate the importance of measuring the perceived impact of excessive alcohol consumption on quality of life, beyond the classically assessed consequences, as this impact is massive among young adult students.

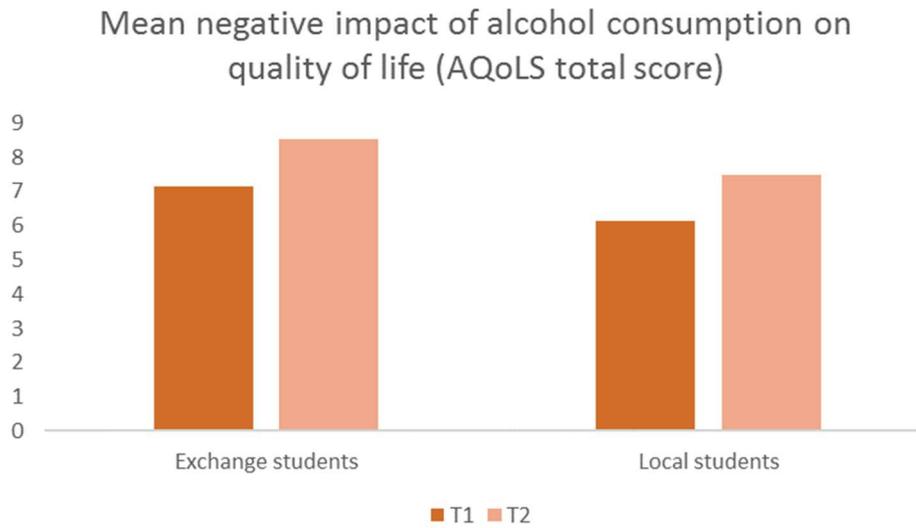


Fig. 36 Mean Alcohol Quality of Life score at T1 and T2 for local and exchange students.

3.2.3 Cigarettes and other drugs consumption

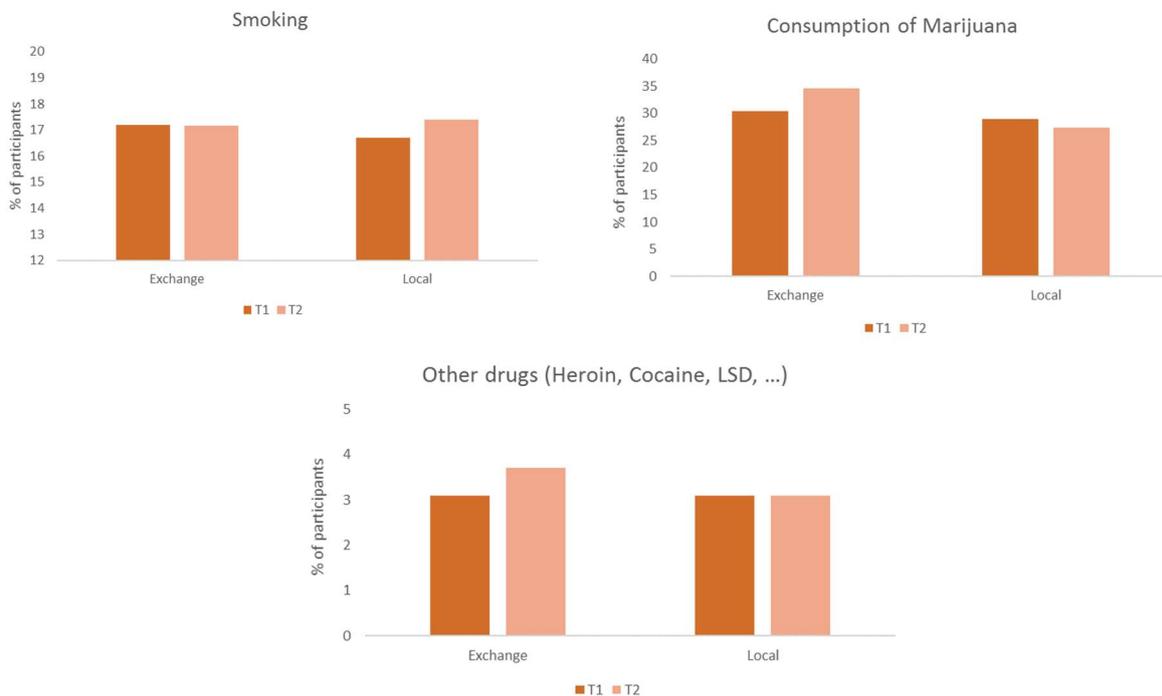


Fig. 37: Percentage of participants who consumed (a) cigarettes, (b) marijuana and (c) other illegal drugs at T1 and T2 for local and exchange students.

While no difference was observed for exchange students regarding their cigarettes consumption before and during their exchange stay, the consumption of cannabis and other drugs significantly increased while they were in exchange abroad (Fig. 37). These results confirmed that, beyond an increase of alcohol consumption, exchange students are particularly exposed to risky behaviors (Aresi et al., 2016a) and suggested an urgent need to develop prevention and intervention programs targeting this specific population.

3.2.4 Responsible Party program evaluation

- **RP knowledge and attendance**

Regarding the Responsible Party program, 44.1% of the students (4483 students including 1497 in exchange stay) had heard about this program and 10.3% had already attended at least one of these events (1310 students, including 414 exchange students; Fig. 38). The majority of students attended to only one Responsible Party (i.e. 52.3%), while 5.8% attended to more than 5 parties (Fig. 39). Regarding exchange students, they mostly took part in the RP party during their exchange stay (79.8% of the students).

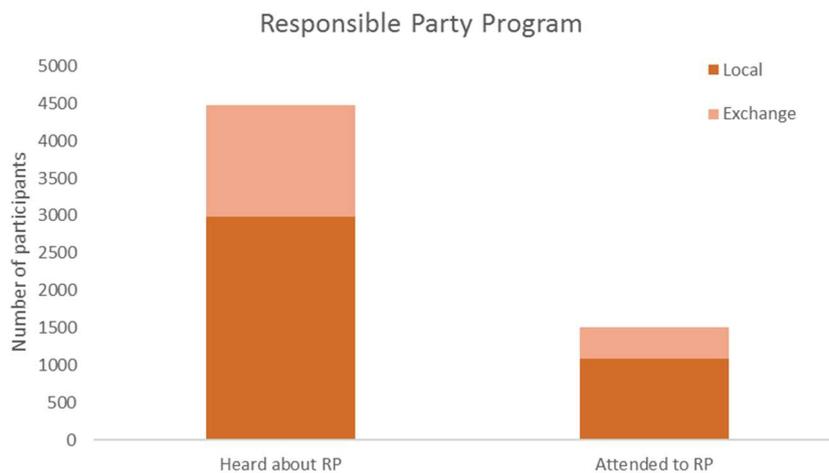


Fig. 38 Number of students who had heard about RP program and attended to a Responsible Party for local and exchange students.

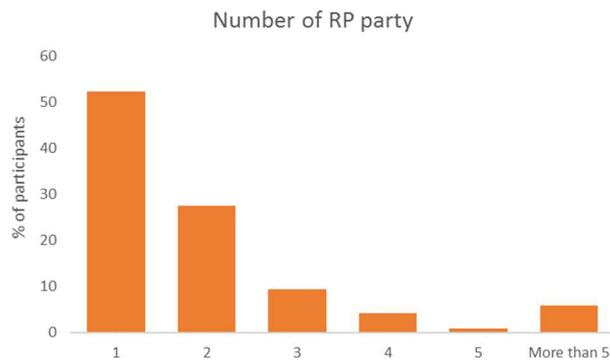


Fig. 39 Number of students who had heard about RP program and attended to a Responsible Party for local and exchange students.

- **RP perception in general**

For the students who knew the program, Responsible Party is primarily a program providing information on alcohol consumption (89.3% of participants totally or partially agreed) and supplying tips about responsible alcohol consumption (more than 50% of the participants completely agreed; Fig. 40). However, they did not considered the program as a gadgets provider (62.3% of participants totally or partially disagreed; Fig. 40).

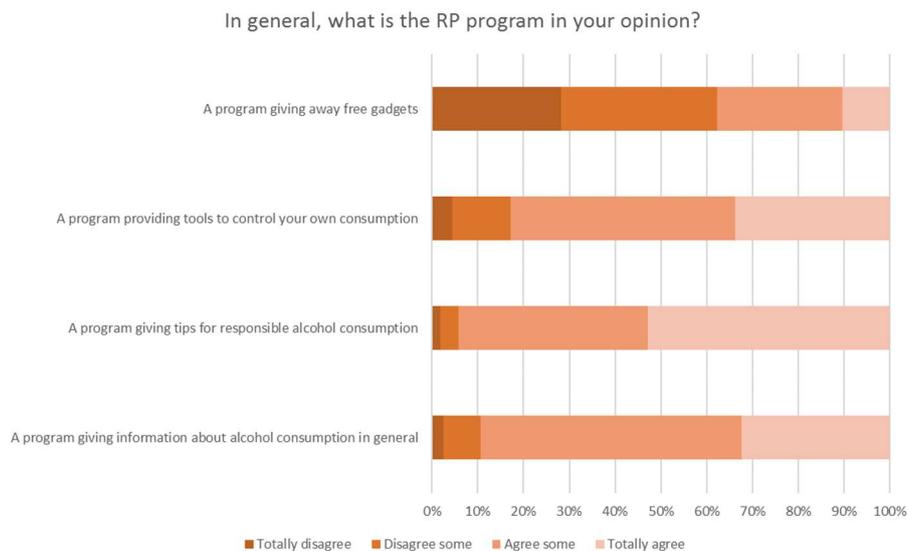


Fig. 40 Answers' distribution concerning the opinion of students about the RP program's supplies.

Globally, the majority of the students considered the program as a useful prevention program (46.0% of participants strongly agreed and 42.8% agreed some; Fig. 41). In particular, the program is efficient to raise awareness about alcohol consumption (52.6% of the participants strongly agreed) and to reduce the harmful effects of alcohol consumption (39.6% of participants strongly agreed and 44.3% agreed some; Fig. 41).

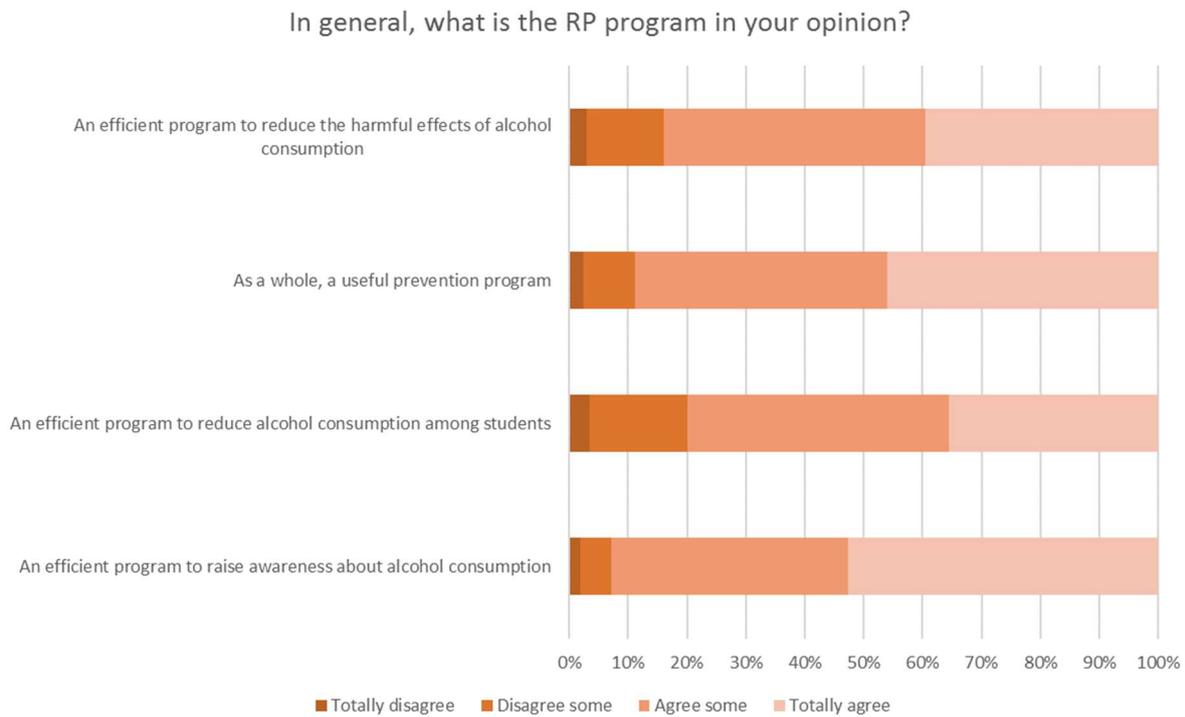


Fig. 41 Answers' distribution concerning the opinion of students about the RP program's definition.

- RP perception during the party**

When asked about the specific impact of RP during the party, students reported a modification of their alcohol consumption mode ("a little": 36.9% of participants, or "quite a lot": 24.5% of participants; Fig. 42). They also mentioned having learned something new regarding alcohol consumption ("a little": 34.6% of participants; "quite a lot" or "very much": 36.9% of participants).

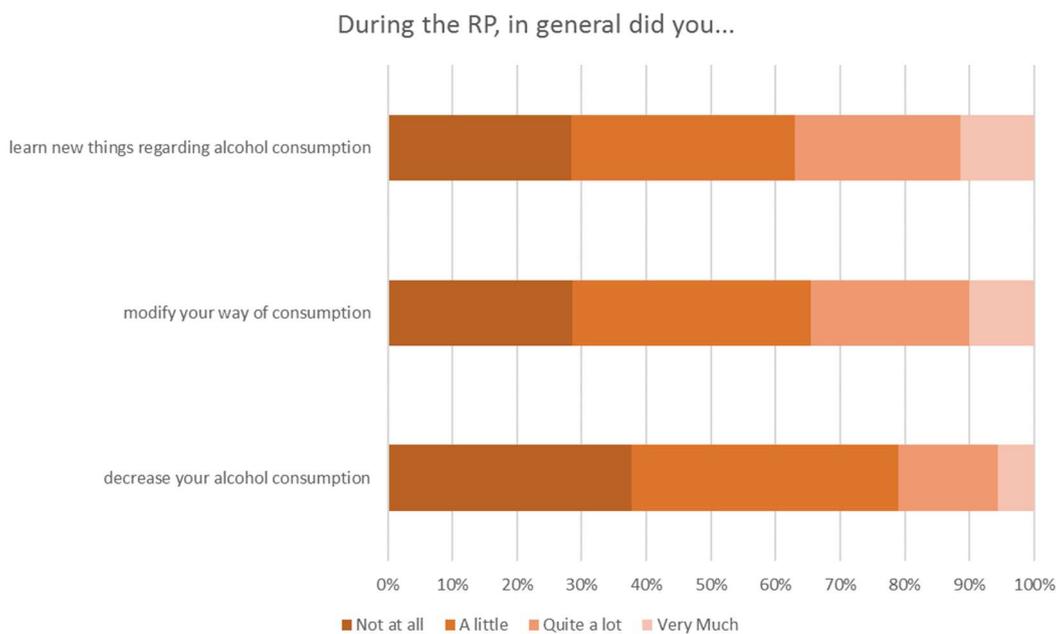


Fig. 42 Answers' distribution concerning the impact of RP program during the party.

However, the majority of participants slightly decreased their alcohol consumption during the party (41.4% of participants), while 37.7% did not decrease it (Fig. 42).

- **RP toolkits and goodies distribution**

During each RP, toolkits were distributed to students consisting in both prevention (such as water, flyers, blood alcohol level estimators, condoms) and communication (such as sunglasses, lanyards, pens) materials. Students identified the presence of the Responsible Party program at a party thanks to the presence of the Party Squad (65.7%), to distributed gadgets (60.0%), and posters/flyers (54.7%; Fig. 43).

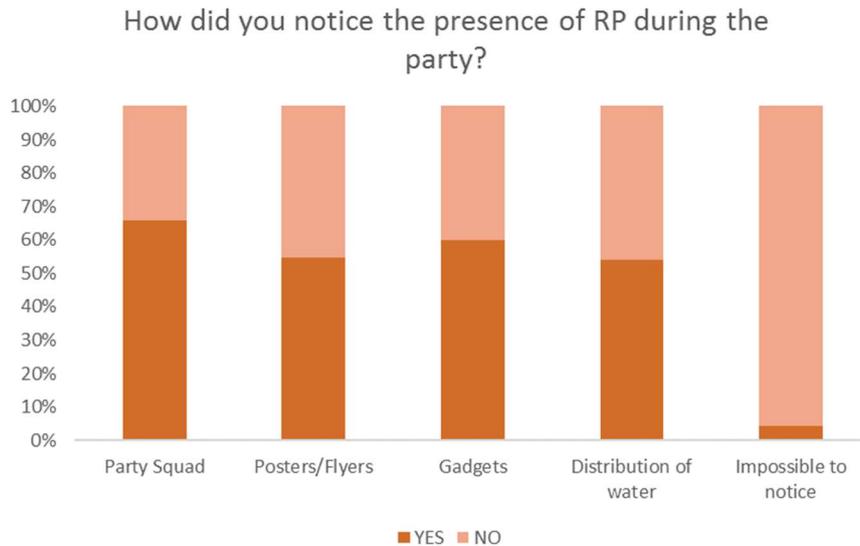


Fig. 43 Distribution of answers for the question "How did you notice the presence of RP during the party?".

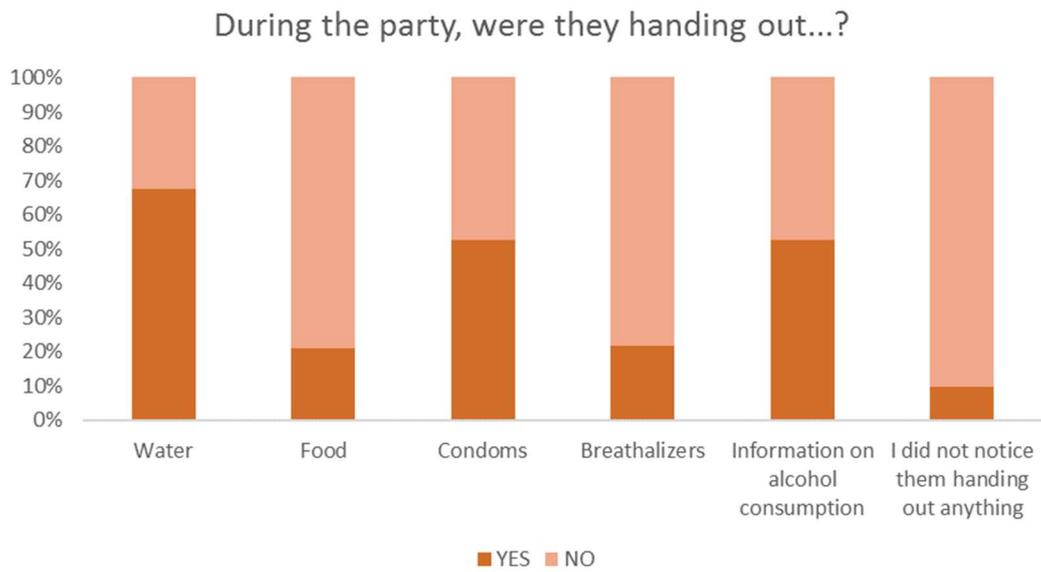


Fig. 44 Distribution of answers for the question "During the party, were they handing out...?".

During the party, the majority of the students received water (67.6%; Fig. 44) and for 74.5%, this distribution was accompanied by a responsible drinking message (Fig. 45). They found this message clear and useful (Table 13) but only 35.1% of the participants considered that this message contributed to reduce their alcohol consumption during this party (Table 13).

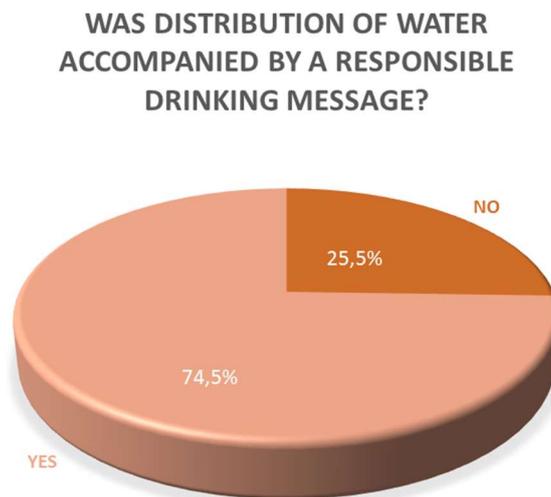


Fig. 45 Proportion of participants for whom the distribution of water and/or food was accompanied by a responsible drinking message.

Table 13 Qualities and advantages of the responsible drinking message accompanying the distribution of water.

They found the explanations accompanying water and food	Not at all/A little	Quite a lot/Very Much
CLEAR	12.4%	87.6%
PRECISE	18,0%	82,0%
USEFUL	20.4%	79.6%
This message contributed to	Not at all/A little	Quite a lot/Very Much
Reduce the negative consequence you may face during parties or the day after	36.9%	63.1%
Increase your knowledge about alcohol and risk of abuse	58.5%	41.5%
Reduce your alcohol consumption during this specific party	64.9%	35.1%

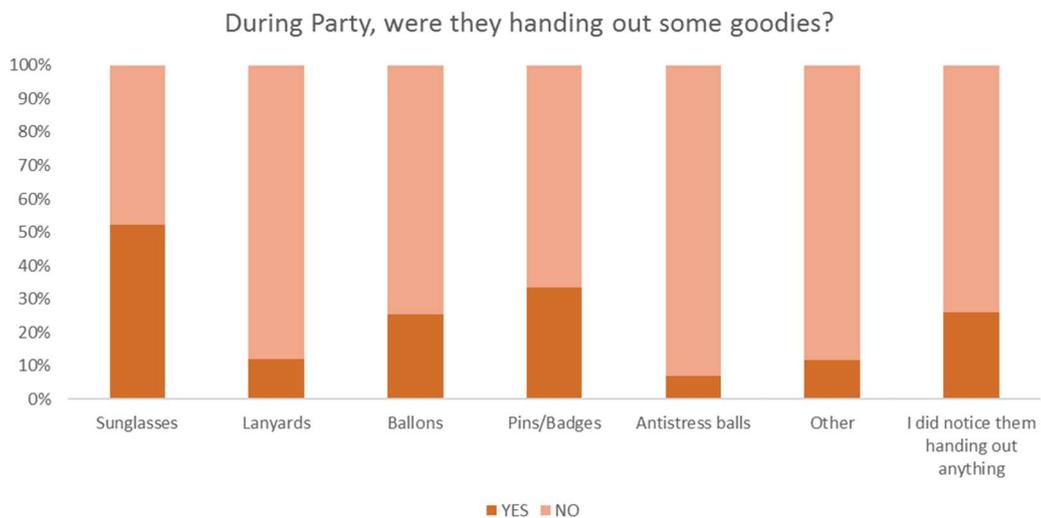


Fig. 46 Answers' distribution concerning the impact of RP program during the party.

The most received goodies were the sunglasses (52.2% of the students) and badges (33.4% of the students; Fig. 46). Most of the time, the distribution of these goodies was accompanied by a responsible drinking message (59.5%, Fig. 47). Even if this message was clear and precise (Table 14), its impact on the reducing of negative consequences and effective alcohol consumption was quite limited (Table 14).

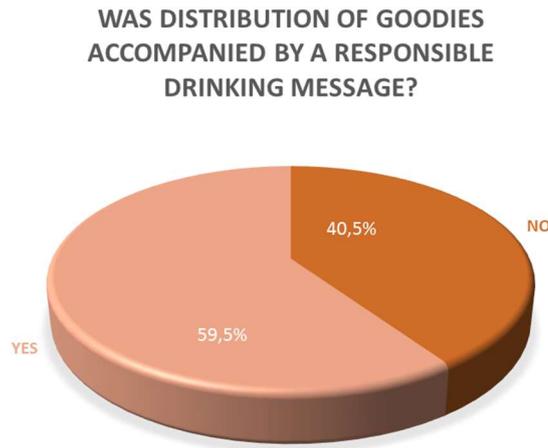


Fig. 47 Proportion of participants for whom the distribution of goodies was accompanied by a responsible drinking message.

Table 14 Qualities of the responsible drinking message accompanying the distribution of goodies and advantages of the goodies.

They found the explanations accompanying goodies	Not at all/A little	Quite a lot/Very Much
CLEAR	18.5%	81.5%
PRECISE	22.5%	77.5%
USEFUL	28.6%	71.4%
These goodies contributed to	Not at all/A little	Quite a lot/Very Much
Reduce the negative consequence you may face during parties or the day after	74.9%	25.1%
Increase your knowledge about alcohol and risk of abuse	68.1%	31.9%
Reduce your alcohol consumption during this specific party	77.2%	22.8%

- **Comparison of alcohol consumption as a function of RP program’s participation**

The direct comparison of mean alcohol consumption among students who did or did not participate in at least one RP revealed that both AUDIT (score for participants= 8.49; for non-participants= 7.29) and Binge drinking score (score for participants= 14.54; for non-participants= 13.0; Fig. 48) was larger for the students who had participate at a RP. Moreover, the mean number of occasions was also larger for the participants (mean score= 2.1) than for the non-participants (mean score= 1.79; Fig. 48), while no significant difference was observed for the mean number of alcohol

units per week (score for the participants= 3.28 units; for non-participants= 2.92 units; Fig. 48). A possible explanation is that these students present at the party were probably most festive than the others.

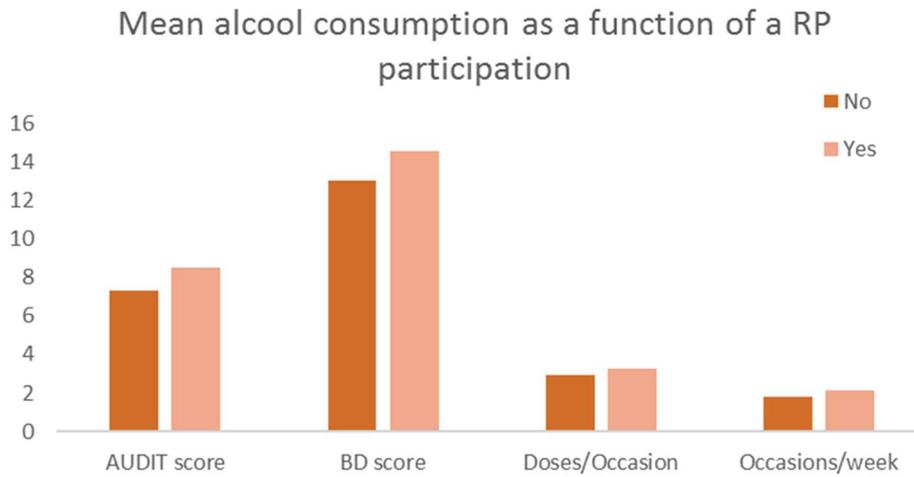


Fig. 48: Mean alcohol consumption as a function of RP participation in phase 2

However, if we compared the evolution of Binge Drinking score between the two phases of the survey (i.e. T1 and T2) as a function of the participation to a RP, the decrease of this score seems more important for the students who did participate to the RP (Fig. 49), suggesting a possible positive effect specifically on the Binge Drinking Score. No significant difference was observed for the other alcohol consumption variables.

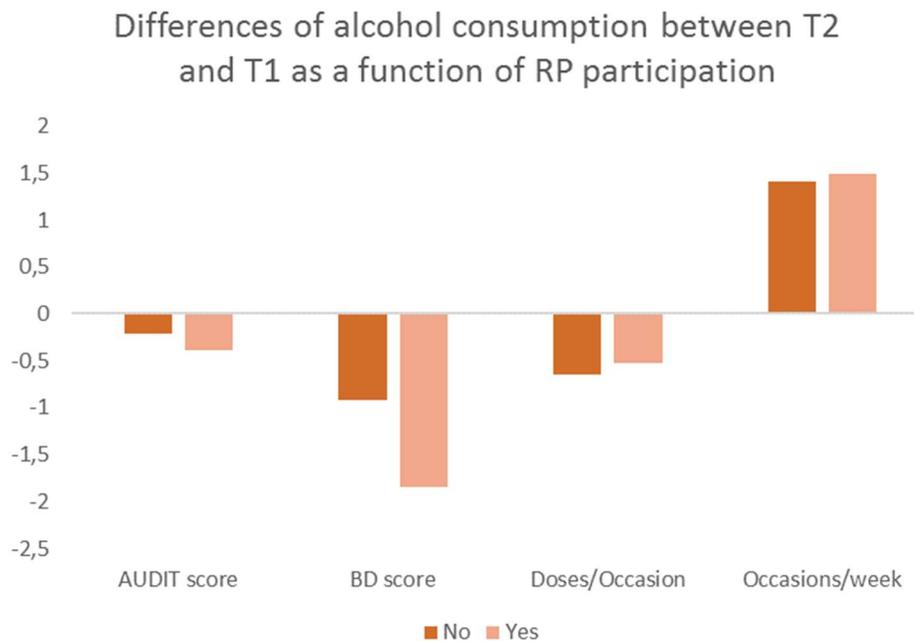


Fig. 49: Mean differences of alcohol consumption between T2 and T1 as a function of RP participation.

4. Conclusions, Limits and Recommendations

The evaluation of the RP program in 2016-2017 consisted in a longitudinal online survey for European students, composed of two phases, namely a first phase at the beginning of the academic year (T1), and a second phase just after the exchange stay or about 6 months later (T2). The two main objectives of the questionnaire were: (1) to explore alcohol consumption habits among young European students, and in particular to evaluate the impact of studying abroad (i.e. exchange program) on this consumption; and (2) to assess the students' perception and the efficiency of the RP program, and specifically its influence on alcohol-related knowledge among students, on the reduction of harmful effects related to excessive alcohol consumption, and on the modification/adaptation of consumption behaviors.

Following the 2015-2016 evaluation, a series of recommendations has been proposed and some changes have been conducted at practical/methodological and theoretical/general levels in order to improve the functioning and quality of the RP program evaluation and the influence and efficiency of the RP program in general (see point 2.2, page 5 for more details).

Overall, at a practical and methodological level, very positive conclusions can be drawn from this 2016-2017 evaluation. Indeed, thanks to the various improvements implemented (e.g., promotion campaign on social networks, timing adaptations, definition of specific targets for each country) the overall participation rate of the questionnaire was multiplied by three compared to the previous year (i.e. a total of 30,437 participants at T1), thus ensuring a highly representative sample, particularly with more than 10,000 exchange students. Moreover, a better representation for most European countries was observed and the adaptation of the timing of the questionnaire launching (e.g., early opening, launching campaign adapted to academic calendar of each country) made it possible to target students at the beginning of the academic year (for local students) or just before their departure in exchange (for exchange students). Finally, the adaptation of the timing of the second phase coupled with an individual contact by email has again been quite efficient with a retention rate in phase 2 superior to 35% (i.e. 11,350 participants), constituting a very encouraging rate for this type of longitudinal study.

All these improvements have allowed:

- ➔ **to increase the validity and reliability of the various analyzes carried out on the data collected, and to draw more reliable conclusions.**

Several scientific publications (submitted or in preparation) will provide the scientific community as well as a larger audience with additional information, particularly on: (1) the influence of exchange stay on alcohol consumption and more particularly on Binge Drinking habits (Dormal, Lannoy, & Maurage, in preparation), (2) the impact of excessive alcohol consumption on the quality of life of European students (Dormal, Bremhorst, Lannoy, Lorant, Luquiens & Maurage, submitted), and (3) the drinking motivations of exchange students, and how they will predict the actual consumption of alcohol during their stay (Dormal, Lannoy, & Maurage, in preparation).

- ➔ **to obtain more precise and detailed measures of the perception of the RP program by students and the impact of this program on consumers' behavior during RP and in general**

More precise and targeted questions and a higher and therefore more representative number of students participating in at least one RP (960 participants at T1 and 1,310 participants at T2) were collected.

- **Main alcohol consumption findings**

In line with the prevalence data available in the literature (e.g., Kuntsche et al., 2004), alcohol consumption, and in particular binge drinking behaviors, are very present among our sample of European students. More than 30% of students can be considered as moderate or intense binge drinkers. Moreover, and importantly, during their exchange stay, individuals studying abroad drank larger quantities of alcohol than local students, and more frequently. An increase of the AUDIT and binge drinking scores were also observed during their exchange stay. Some European countries from Eastern regions (e.g., Romania, Slovenia and Lithuania) seem particularly concerned by excessive alcohol consumption among their exchange students. Moreover, exchange students reported larger negative impact of alcohol on their quality of life than local students, showing that this drinking pattern had direct deleterious consequences and that specific interventions on exchange population are needed to reduce this impact.

Recommendations = The development of RP, aiming to reach a maximum of exchange students in collaboration with ESN, therefore seems highly relevant and has to be maintained and encouraged in the future, as the targeted population is appropriate. The organization of RP events could be intensified in the more “vulnerable” countries, where binge drinking frequency is identified as very high.

Even if the target appeared highly relevant, one possible strategy to reach a larger number of people with the program is to diversify the RP targets and to develop complementary partnerships with other student organizations in order to extend the target to local students, as the current program mostly focuses on Erasmus students, ignoring a very large population of students. Moreover, offering information to younger students/adolescents (e.g., by directly offering prevention programs in secondary schools) could be an appropriate way to sensitize young people to excessive alcohol consumption and to develop the prevention features of the program, especially as studies have shown that the earlier the awareness, the stronger the effects on actual alcohol consumption (for a review, see Chun & Linakis, 2012).

Finally, decreasing the impact of excessive alcohol consumption on quality of life among exchange students could be defined as a priority for RP program. By adapting the RP prevention message and focusing on these consequences (e.g., reduced sleep quality, poor school performance, reduced social activities), RP could raise awareness among students. RP could also increase interventions towards harm reduction by proposing for example alternative non-drinking activities and events to promote socializing and to diversify the sources of interests.

- **Main Responsible Party perception findings**

Data concerning the perception of RP confirmed that the majority of the students considered the RP program as a useful prevention program (88.8% of participants) and changed their consumption behavior (by drinking more water, for example; 61.4% of participants). Together, these findings confirm that the peer-to-peer approach and the distribution of gadgets appear to be efficient methods to: (1) provide information on the negative consequences of excessive alcohol consumption and (2) convince the students to adapt their behavior when drinking (e.g., alternating with soft drink/water, planning a safe trip home, avoiding unprotected sex). Therefore, the objectives of raising awareness of alcohol-related dangers and harm reduction seem to have been achieved and the recommendation

formulated during the previous evaluation to focus the development of the RP program on these two objectives therefore remains valid.

Specific questions about the distribution of water and goodies also revealed interesting information about how the RP program was perceived. Indeed, students reported that distribution of water was most often accompanied by a responsible drinking message (74.5% of time), considered as clear and useful by the majority. Compared to the distribution of goodies (e.g., sunglasses, lanyards, badges), the water distribution seems better received and more efficient, with a larger impact on drinking behaviors.

Finally, a decrease of alcohol consumption during the RP events was reported by 41.4% of the participants, suggesting a real encouraging impact of the prevention messages transmitted by the RP program. Moreover, a larger significant decrease of binge drinking score for the students who have attended to a Responsible Party is observed. Although these results should be considered with caution as it comes from self-reported measures, it could be interesting to focus future interventions and evaluations on the decrease of short-term alcohol consumption (i.e. during the party).

Recommendations = As mentioned above, the focus on the two main goals of the program (i.e. “raising awareness” and “harm reduction”) should be maintained and a complementary objective of actual reduction of excessive alcohol consumption among students during the party (i.e. short-term alcohol consumption decrease) should be developed in the future of the program. As the distribution of water appeared to be an efficient harm reduction tool and also an indirect awareness raising tool, this mode of intervention should be encouraged and privileged. Moreover, to evaluate the efficiency and feasibility of this third objective, future evaluation should directly measure this probable decrease by comparing for example alcohol sales for RP and non-RP events.

Finally, given that the mechanics of the RP events implemented so far throughout Europe via the ESN parties seems to be rooted and to obtain convincing results with regard to the two directly targeted objectives, the upscaling and the diversification of the program to other targets and populations seem to be quite achievable objectives.

- **Methodological limitations**

Some methodological limitations, inherent to this type of study, must be considered, particularly related to sample and measures biases. First, students were invited to participate in the study (via Facebook announcements or emails; voluntary-based procedures), and therefore the sample was not randomized. Moreover, the survey broadcasting was uncontrolled and non-centralized. Reward motivation can cause bias in the sample. The potential differences between respondents and non-respondents (e.g., socio-economic status, involvement in ESN) were not controlled for.

Importantly, this survey was based on self-reported information provided by students which may represent some sort of bias, since participants may not be reliable in reporting their own behavior (memory biases, notably related to alcohol-consumption, but also cognitive biases related to the will of students to promote RP, some of the respondents being directly involved in RP organization and in the partnership between PR and ESN). However, self-reported substance use questionnaires have been shown to be reliable for the substances studied (e.g., Brener et al., 2003).

The language used to complete the questionnaire (native vs. foreign) could have an impact on the validity of answers as the need for most student to answer in a language which was not their native one might have led to some imprecisions, misunderstandings or biases, or might even have led some students to give up responding due to insufficient foreign language level. Ideally, the questionnaire should be translated in all European languages.

Finally, it can also be noted that an increase in participation in the first phase was mainly observed shortly before the closing of the questionnaire (i.e. November) and therefore did not correspond to the real beginning of the exchange stay.

- **Recommendations for the future evaluations**

Regarding the evaluation of the alcohol consumption habits among young European students and the perception of RP program by these students, the global functioning of the questionnaires developed and implemented during the two last years appeared valid and efficient as more than 30,000 participants completed the first phase this year. Communication launch campaign, timing adaptation, targets definition, and individualized contact for the second phase, should be maintained to ensure this important participation rate. The intensification of the communication campaign should be proposed for some countries in which low rate of participation was observed despite a large exchange students community (e.g., France or Germany).

During the 2015-2016 evaluation, a number of recommendations have been proposed to: (1) standardize and improve the organization of RP events (e.g., increasing the efficiency of Party Squad training, developing useful gadgets) and (2) improve the collaboration between PR and ESN (e.g., enhancing the communication between ESN local and PR affiliates, optimizing the role of affiliates). These different aspects were not directly evaluated during this year and future evaluations could therefore address these different points.

Finally, the future evaluation processes should be extended to the evaluation of other specific aspects of the program like the efficiency of the prevention message in a group context, the efficiency of the peer-to-peer approach, and the adequacy between the prevention message and the modality of diffusion. As mentioned above, the influence of the program on the actual consumption during the party by measuring and comparing the effective alcohol sale during RP and non-RP events should also be considered to evaluate the potential short-term alcohol consumption decrease. In this perspective, sociologists and experts in communication will certainly provide complementary and enriching information to the more psychological approach conducted in the past two years.

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6. Appendices

Appendix 1: Instruction email sent to each ESN section before the launch of the survey. Diffusion survey procedure and detailed targets per country.



Dear all,

As mentioned in a previous email (see attachment), I come back to you with the instruction for the dissemination of the **Responsible Party Questionnaire**, aiming at assessing the drinking patterns among European students. **This questionnaire will only require 10min of students' time and not much more from yours!**

I remind you that the most successful national and local sections will have the possibility to send their representative to join us in **Brussels** for the **Responsible Party training** and annual renewal ceremony, which will take place in January 2017.

The questionnaire will be online from August 16th to October 31st at the following link <http://bit.ly/RPQuestionnaire> and we need you to help us disseminating it among local and exchange students in your respective countries and universities. Three simple actions will do the trick!

SOCIAL MEDIA: SHARE THE POSTS!

At the following link you will find 7 GIFs and one Facebook cover picture.

[Responsible Party Questionnaire - PR Materials](#)

Your role – easy!

- **Starting from tomorrow**, share one GIF per week on your national/local ESN profiles and relevant Facebook groups starting with the Introduction post. GIFs will be posted also on Responsible Party fanpage - feel free to share them. Remember about an option to post [GIFs on Instagram](#).
- **INSTAGRAM:** Hashtags **#BustTheHangover**, **#Interrail**, **#ErasmusLife** **#Adventure** **#Wanderlust** **#Summer** **#Backpacking** **#Travel** **#InstaErasmus** **#ErasmusPlus** - Remember to tag official pages **@esn_int** and **@responsible_party**
- **FACEBOOK:** Add the following hashtags (remember about capital letters) **#BustTheHangover** , **#Interrail**

- Do not hesitate to share them with your friends as well!
- To make it all work - we need to ask you to use cover picture on your facebook fanpage of section/country and on local Erasmus/Students Communities. Use the cover pic for at least one week - with small description of the Questionnaire and direct link.

WORD OF MOUTH: TALK ABOUT IT!

A great opportunity to mobilize our student communities is to mention the questionnaire during all the welcoming events (either through one slide during presentations, or posters or flyers to put in welcome bags).

CONTACT UNIVERSITIES and your NATIONAL AGENCY!

Use the attached template letters and factsheet explaining the rationale of the Responsible Party Program and ask your Universities and National Agency for Erasmus+ to help us disseminating the questionnaire.

Their interest? Get a clear profile of their students if we collect enough data per country/university
Your interest? Improve your relationship with your universities/cities/national agency by demonstrating your commitment to well-being and health of students.

WHAT'S YOUR TARGET?

The rationale behind pre-determined minimum targets is the necessity for the researcher to get a balanced sample between the size of the country and its welcome capacity.

Please find below the targets per country (it is a minimum).

COUNTRY	EXCHANGE STUDENTS TARGET	LOCAL STUDENTS TARGET	CONTACT PERSON FOR INFO
Austria	666	666	Danny Janssen (responsibleparty-manager@esn.org)
Azerbaijan	7	7	Luis Miguel Real (responsibleparty-manager@esn.org)
Belgium	1137	1137	Danny Janssen (responsibleparty-manager@esn.org)
Bosnia and Herzegovina	7	7	Luis Miguel Real (responsibleparty-manager@esn.org)
Bulgaria	100	100	Luis Miguel Real (responsibleparty-manager@esn.org)
Croatia	139	139	Luis Miguel Real (responsibleparty-manager@esn.org)

			nager@esn.org)
Cyprus	100	100	Luis Miguel Real (responsibleparty-manager@esn.org)
Czech Republic	967	967	Danny Jannsen (responsibleparty-manager@esn.org)
Denmark	680	680	Danny Jannsen (responsibleparty-manager@esn.org)
Estonia	343	343	Danny Jannsen (responsibleparty-manager@esn.org)
Finland	991	991	Danny Jannsen (responsibleparty-manager@esn.org)
France	2500	2500	Luis Miguel Real (responsibleparty-manager@esn.org)
Georgia	22	22	Luis Miguel Real (responsibleparty-manager@esn.org)
Germany	1679	1679	Danny Jannsen (responsibleparty-manager@esn.org)
Greece	350	350	Luis Miguel Real (responsibleparty-manager@esn.org)
Hungary	559	559	Luis Miguel Real (responsibleparty-manager@esn.org)
Iceland	100	100	Danny Jannsen (responsibleparty-manager@esn.org)
Ireland	751	751	Danny Jannsen (responsibleparty-manager@esn.org)

			nager@esn.org)
Italy	2405	2405	Luis Miguel Real (responsibleparty-manager@esn.org)
Latvia	100	100	Danny Jannsen (responsibleparty-manager@esn.org)
Liechtenstein	100	100	Danny Jannsen (responsibleparty-manager@esn.org)
Lithuania	266	266	Danny Jannsen (responsibleparty-manager@esn.org)
Luxembourg	100	100	Danny Jannsen (responsibleparty-manager@esn.org)
Macedonia	15	15	Luis Miguel Real (responsibleparty-manager@esn.org)
Malta	100	100	Luis Miguel Real (responsibleparty-manager@esn.org)
Norway	750	750	Danny Jannsen (responsibleparty-manager@esn.org)
Poland	1202	1202	Danny Jannsen (responsibleparty-manager@esn.org)
Portugal	1361	1361	Luis Miguel Real (responsibleparty-manager@esn.org)
Romania	216	216	Luis Miguel Real (responsibleparty-manager@esn.org)
Russia	17	17	Danny Jannsen (responsibleparty-manager@esn.org)

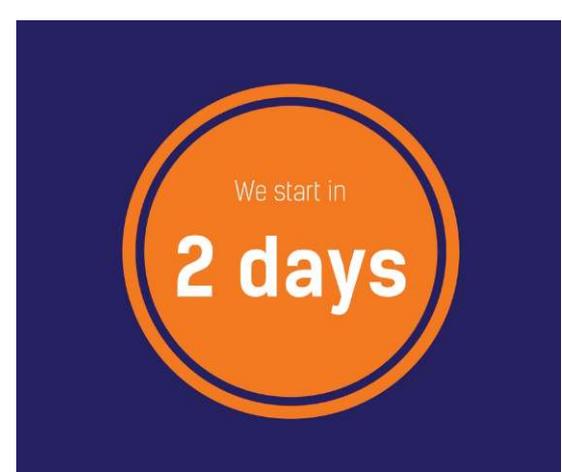
			nager@esn.org)
Serbia	21	21	Luis Miguel Real (responsibleparty-manager@esn.org)
Slovakia	207	207	Luis Miguel Real (responsibleparty-manager@esn.org)
Slovenia	345	345	Luis Miguel Real (responsibleparty-manager@esn.org)
Spain	3000	3000	Luis Miguel Real (responsibleparty-manager@esn.org)
Sweden	1210	1210	Danny Janssen (responsibleparty-manager@esn.org)
Switzerland	527	527	Danny Janssen (responsibleparty-manager@esn.org)
The Netherlands	1321	1321	Danny Janssen (responsibleparty-manager@esn.org)
Turkey	748	748	Luis Miguel Real (responsibleparty-manager@esn.org)
UK	999	999	Danny Janssen (responsibleparty-manager@esn.org)

You will be informed every week of the evolution of the number of answers in your country.

Last but not least, find attached the communication plan that you can use to schedule your actions. You just have to complete it with the dates as it seems more relevant to you.

I thank you in advance for your work and commitment!
For any additional information please write to your reference person.

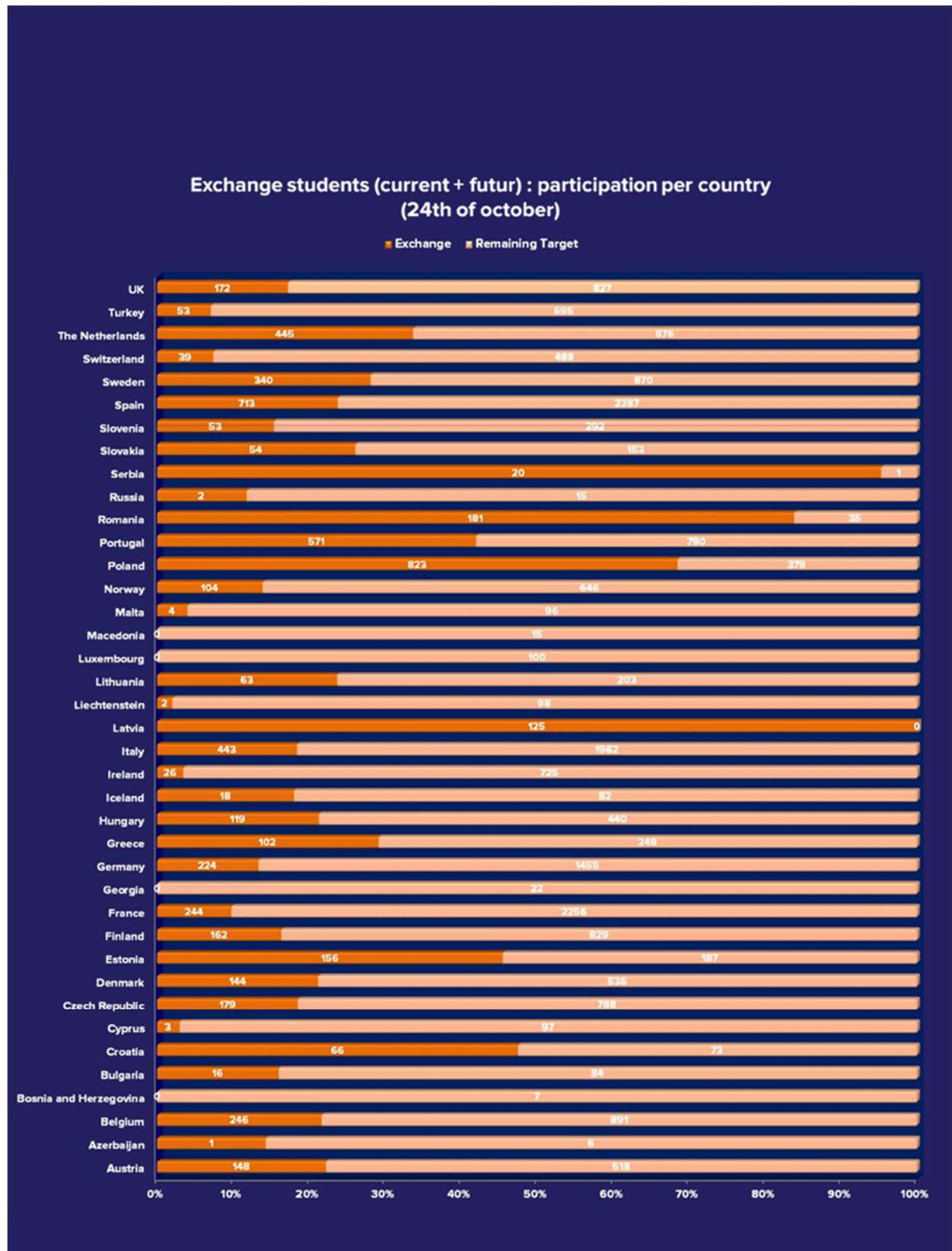
Appendix 2: Examples of pictures used for the promotion campaign diffused on social network (Facebook and Twitter).

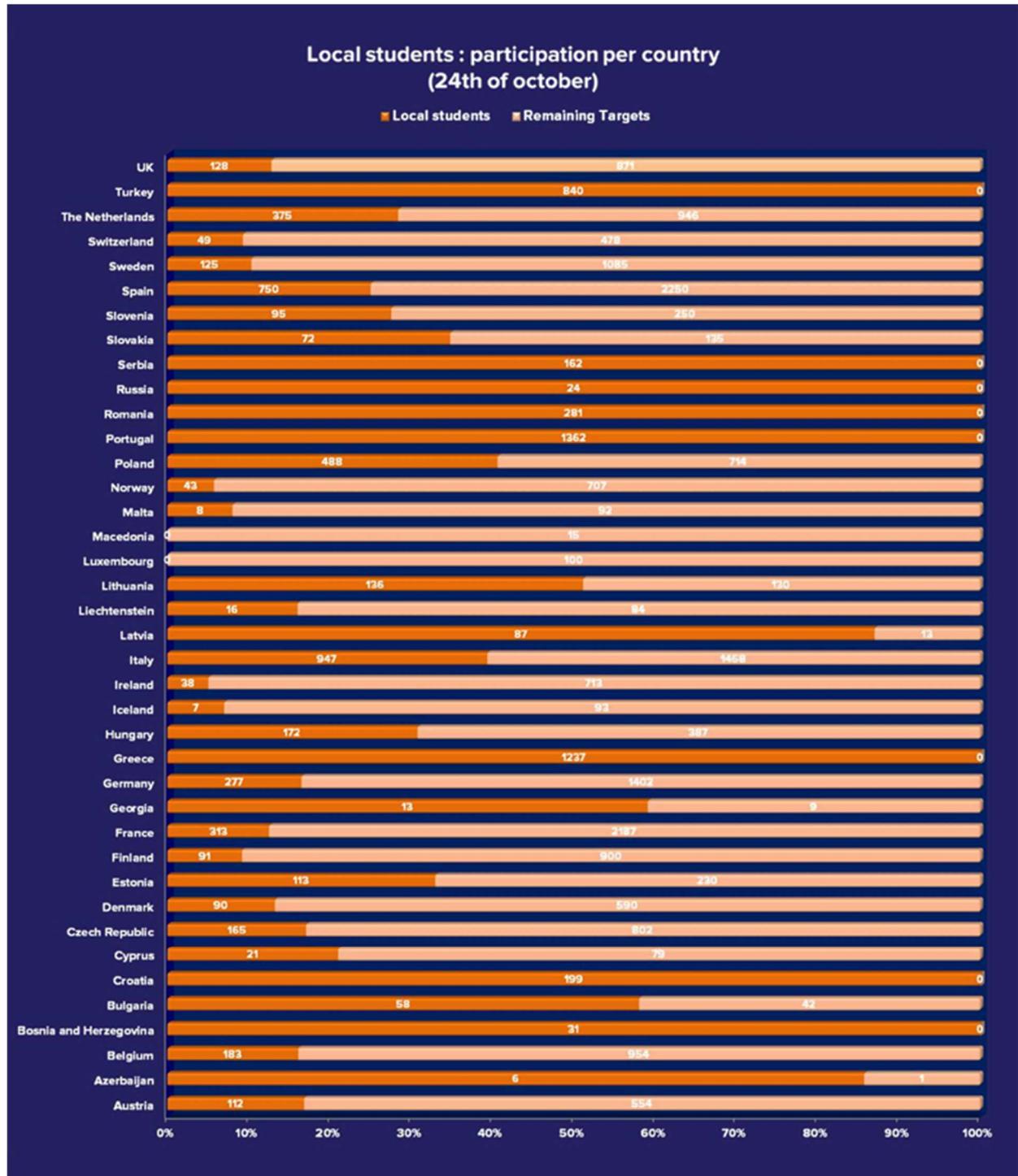


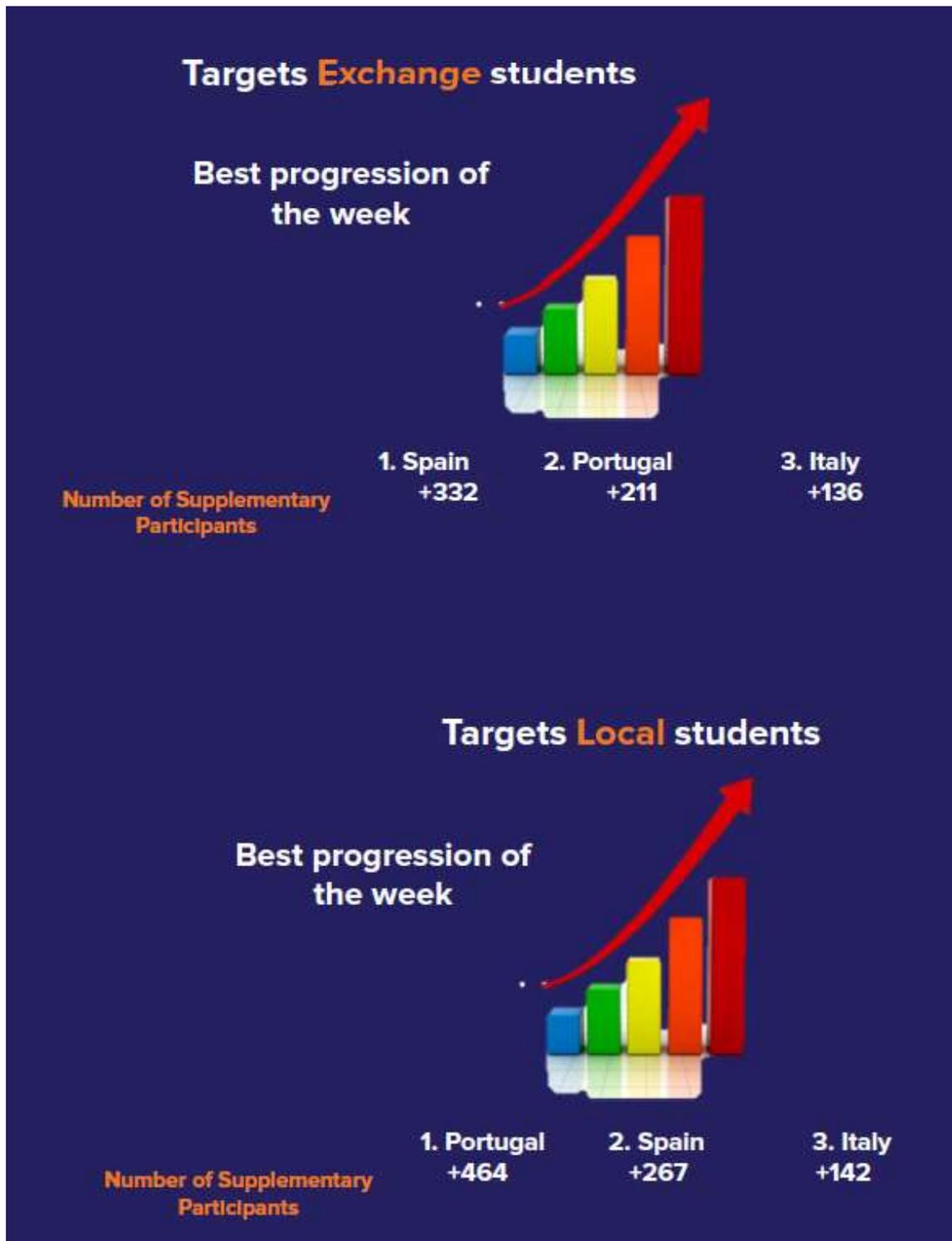


Appendix 3: Example of intermediary report containing targets progression and sent each week to ESN sections during the first phase of the questionnaire.











The logo features the words "GOAL" and "ACHIEVED" in a bold, black, sans-serif font. The letter "O" in "GOAL" is replaced by a target symbol with an arrow hitting the bullseye. The text is set against a glowing orange square background with a reflection effect, all on a dark blue background.

Exchange	Local
Latvia (125)	Bosnia-Herzegovina (31)
	Croatia (199)
	Greece (1237)
	Portugal (1362)
	Romania (281)
	Russia (24)
	Serbia (162)
	Turkey (840)

Appendix 5: Calendar of the launch phase for each country as a function of the beginning of academic year.

Begin of academic year Month	Country	When to send instruction email
August	<ul style="list-style-type: none"> - Finland - Estonia - Iceland - Norway 	- 16/08 launch
September (1 – 15)	<ul style="list-style-type: none"> - Cyprus - Denmark - France - Georgia - Greece - Hungary - Ireland - Latvia - Liechtenstein - Lithuania - Romania - Russia - Spain - Sweden - Switzerland - UK 	- 29/08 launch
September (15-31)	<ul style="list-style-type: none"> - Belgium - Czech Republic - Georgia - Luxembourg - Macedonia - Serbia - Turkey - Slovakia - Slovenia 	- 12/09
October	<ul style="list-style-type: none"> - Austria - Italy - Malta - Poland - Bosnia Herzegovina 	- 26/09

Appendix 6: Responsible Party Questionnaire : Part One

04 How old are you?

- Less than 16 years old (15)
- 16 years old (16)
- 17 years old (17)
- 18 years old (18)
- 19 years old (19)
- 20 years old (20)
- 21 years old (21)
- 22 years old (22)
- .
- .
- .
- 64 years old (64)
- 65 years old (65)
- More than 65 years old (66)

05 What is your gender?

- Male (1)
- Female (2)

06 What is your nationality?

- American (1)
- Australian (2)
- Austrian (3)
- Belgian (4)
- Bosnian (5)
- Brazilian (6)
- British (7)
- Bulgarian (8)
- Chinese (9)
- Croatian (10)
- Cypriot (11)
- Czech (12)
- Danish (13)
- Dutch (14)
- Estonian (15)
- Finnish (16)
- French (17)
- Georgian (18)
- German (19)
- Greek (20)
- Hungarian (21)
- Icelandic (22)
- Irish (23)
- Italian (24)
- Latvian (25)
- Liechtensteiner (26)
- Lithuanian (27)
- Luxembourger (28)
- Macedonian (29)
- Maltese (30)
- New Zealander (31)
- Norwegian (32)
- Polish (33)
- Portuguese (34)
- Romanian (35)
- Russian (36)
- Serbian (37)
- Slovak (38)
- Slovenian (39)
- Spanish (40)
- Swedish (41)
- Swiss (42)
- Turkish (43)
- Other (44)

07 Which other nationality?

08 Are you currently a student?

- Yes (1)
- No (2)

09 What is your field of studies? (e.g., Mathematics, Engineer, Economy, Psychology, ...)

- Architecture, Building and Planning (1)
- Biological Sciences (2)
- Business and Administrative studies (3)
- Creative Arts and Design (4)
- Eastern, Asiatic, African, American and Australasian Languages, Literature and related subjects (5)
- Education (6)
- Engineering (7)
- European Languages, Literature and related subjects (8)
- Historical and Philosophical studies (9)
- Law (10)
- Linguistics, Classics and related subjects (11)
- Mass Communications and Documentation (12)
- Mathematical and Computer Sciences (13)
- Medicine and Dentistry (14)
- Physical Sciences (15)
- Psychology (16)
- Social studies (e.g., Economics, Politics, Sociology, ...) (17)
- Technologies (18)
- Veterinary Sciences, Agriculture and related subjects (19)
- Others (20)

10 Precise which other field of studies

11 Do you currently or did you participate in an Erasmus or Exchange stay?

- Yes, I'm currently on exchange (1)
- Yes, I did an exchange (2)
- Yes, I will do an exchange during this academic year (3)
- No (4)

12 Which kind of exchange stay?

- Erasmus program (1)
- Full degree student (2)
- Another Exchange program (3)

13 Where were you studying before your exchange/Erasmus?

14 In which university were you studying before your exchange/Erasmus? (Please insert the complete name of your university; for example, University of Zagreb)

15 Where are/were you doing your exchange/Erasmus?

16 In which university are/were you doing your exchange/Erasmus? (Please insert the complete name of your university; for example, University of Zagreb)

17 When do/did you begin and finish your exchange stay?

18 Where are you currently studying?

19 In which university are you currently studying? (Please insert the complete name of your university; for example, University of Zagreb)

20 Did you, are you or will you take part in ESN activities in the past, currently or in the following months

- Yes (1)
- No (2)

21 Are you or have you been a volunteer in the ESN network of your country?

- Yes (1)
- No (2)

22 In the last six months, how often did you have at least one alcoholic drink?

- Never (1)
- Monthly or less (2)
- 2 to 4 times a month (3)
- 2 to 3 times a week (4)
- or more times a week (5)

23 How old were you when you drank alcohol for the first time ?

- less than 10 years old (9)
- 10 years old (10)
- 11 years old (11)
- 12 years old (12)
- .
- .
- .
- 27 years old (27)
- 28 years old (28)
- 29 years old (29)
- 30 years old (30)
- More than 30 years old (31)
- I never drink alcohol (00)

24 How old were you when you first got drunk*? * Drunk = loss of motor coordination, loss of self-control, nausea and/or inability to speak clearly

- less than 10 years old (9)
- 10 years old (10)
- 11 years old (11)
- 12 years old (12)
- .
- 27 years old (27)
- 28 years old (28)
- 29 years old (29)
- 30 years old (30)
- More than 30 years old (31)
- I never get drunk (00)

25 During the last six months, how many times did you drink alcohol? (enter digit numbers)

26 During the last six months, how many times have you been drunk*? (enter digit numbers) * Drunk = loss of coordination, self-control, nausea and / or inability to speak clearly

27 During the last six months, among your episodes of drunkenness, how many times have you been blind drunk*? (enter digit numbers) * Blind drunk = loss of consciousness, vomiting, memory loss and/or alcoholic coma

28 When you drink alcohol without partying (e.g., during dinner or cocktail), how many alcohol doses do you have?

- 1 or 2 (1)
- 3 or 4 (2)
- 5 or 6 (3)
- 7, 8 or 9 (4)
- 10 or more (5)
- I never drink alcohol without partying (6)

29 How many alcohol doses do you have during a typical party evening?

- 1 or 2 (1)
- 3 or 4 (2)
- 5 or 6 (3)
- 7, 8 or 9 (4)
- 10 or more (5)
- I never drink alcohol during party (6)

30 When you drink alcohol at a party, what is your typical consumption speed?

- Less than 1 alcohol dose per hour (1)
- Around 1 alcohol dose per hour (2)
- Around 2 alcohol doses per hour (3)
- Around 3 alcohol doses per hour (4)
- More than 3 alcohol doses per hour (5)
- I never drink alcohol during party (6)

31 In general, how many times do you drink alcohol during a normal week?

- Less than 1 (1)
- 1 (2)
- 2 (3)
- 3 (4)
- 4 (5)
- 5 (6)
- 6 (7)
- 7 (8)
- More than 7 (9)
- I never drink alcohol (10)

32 As a whole, how many alcohol doses in average do you have per week? (enter digit numbers)

33 During the last year, what has been the percentage of your alcohol consumption represented by*: * The total must be 100%, e.g., Beer 60%, Wine 30%, Spirits 0%; Other alcoholic drinks 10%

_____ Beer (1)

_____ Wine (2)

_____ Spirits (3)

_____ Other alcoholic drinks (4)

34 How often do you have six or more drinks on one occasion?

- Never (1)
- Less than Once a Month (2)
- Once a Month (3)
- Weekly (4)
- Daily or almost daily (5)

35 How often during the last six months have you...

	Never (1)	Less than Once a Month (2)	Once a Month (3)	Weekly (4)	Daily or almost daily (5)
found that you were not able to stop drinking once you had started? (44_1)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
failed to do what was normally expected of you because of drinking? (44_2)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
needed a first drink in the morning to get yourself going after a heavy drinking session? (44_3)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
had a feeling of guilt or remorse after drinking? (44_4)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
been unable to remember what happened the night before because of your drinking? (44_5)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

36 Have you or has someone else been injured because of your drinking? (e.g., falling down or fighting during parties)

- No (1)
- Yes, but not in the last year (2)
- Yes, during the last year (3)

37 Has a relative, friend, doctor or other health care worker been concerned about your drinking or suggested you cut down?

- No (1)
- Yes, but not in the last year (2)
- Yes, during the last year (3)

38 If you are starting an Erasmus/Exchange stay, during your stay, do you expect your alcohol consumption to...

- Strongly decrease (1)
- Slightly decrease (2)
- Remain constant (3)
- Slightly increase (4)
- Strongly increase (5)

39 In your opinion, what is the average number of alcohol doses consumed by an Erasmus/Exchange student per week? (enter digit numbers)

40 Do you smoke?

- Yes (1)
- No (2)

41 How many cigarettes per day? (enter digit numbers)

42 Have you used any of the following substances in the last six months?

	No (1)	Yes (2)
Cannabis (51_1)	<input type="radio"/>	<input type="radio"/>
Heroin (51_2)	<input type="radio"/>	<input type="radio"/>
Cocaine (51_3)	<input type="radio"/>	<input type="radio"/>
Amphetamines or LSD (51_4)	<input type="radio"/>	<input type="radio"/>
Other drugs (51_5)	<input type="radio"/>	<input type="radio"/>

43 Which other drug(s)?

44 You'll find below a list of reasons given by people to justify their alcohol consumption. When thinking about your usual drinking context, how frequently would you say that you drink for the following reasons? I drink...

	Never/Almost never (1)	Some of the time (2)	Half of the time (3)	Most of the time (4)	Always/Almost always (5)
1. As a way to celebrate (53_1)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2. To relax (53_2)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3. Because I like the feeling (53_3)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4. Because it is what most of my friends do when we get together (53_4)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
5. To forget my worries (53_5)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
6. Because it is exciting (53_6)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
7. To be sociable (53_7)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
8. Because I feel more self-confident or sure of myself (53_8)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
9. To get a high – To get drunk (53_9)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
10. Because it is customary on special occasions (53_10)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
11. Because it helps me when I am feeling nervous (53_11)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
12. Because it's fun (53_12)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
13. Because it makes a social gathering more enjoyable (53_13)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
14. To cheer me up when I'm in a bad mood (53_14)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
15. To be liked (53_15)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
16. To numb my pain (53_16)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
17. Because it helps me when I am feeling depressed (53_17)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
18. So that others won't kid me about not using (53_18)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
19. To reduce my anxiety (53_19)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

20. To stop me from dwelling on things (53_20)	<input type="radio"/>				
21. To turn off negative thoughts about myself (53_21)	<input type="radio"/>				
22. To help me feel more positive about things in my life (53_22)	<input type="radio"/>				
23. To stop me from feeling so hopeless about the future (53_23)	<input type="radio"/>				
24. Because my friends pressure me to use (53_24)	<input type="radio"/>				
25. To fit in with a group I like (53_25)	<input type="radio"/>				
26. Because it makes me feel good (53_26)	<input type="radio"/>				
27. To forget painful memories (53_27)	<input type="radio"/>				
28. So I won't feel left out (53_28)	<input type="radio"/>				

45 When partying, do you usually:

	Never/Almost never (1)	Some of the time (2)	Half of the time (3)	Most of the time (4)	Always/Almost always (5)
1. Eat before going out to have a full stomach before starting drinking (1)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2. Keep track on your alcoholic drinks (i.e. know how many alcoholic drinks you have already had during the party) (2)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3. Drink a lot of water during the party (i.e. alternate water and/or soft drinks with alcoholic drinks) (3)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4. Precisely plan a safe way back home (e.g. decide upfront who will be the designated driver) (4)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
5. Use drinking tips to avoid being too drunk (e.g. drink slower, stop drinking at some point) (5)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

46 The purpose of this questionnaire is to assess the impact of alcohol had on your life over the last 4 weeks. Thank you to remind you not to respond for a period exceeding 4 weeks. In this questionnaire, the word 'alcohol' is used to describe your relationship with alcohol as a whole, regardless of the fact that you currently drink or not. Please select for each statement the answer that best fits your situation. The following applied to me during the past 4 weeks ...

	Not at all (1)	A little (2)	Quite a lot (3)	Very much (4)
1. I have felt I miss out on everyday activities with family and friends (46_1)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2. It has been difficult for me to follow through on plans (46_2)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3. I have been restricted in the places I can go to because of alcohol (46_3)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4. I have struggled doing physical activities due to alcohol (e.g. walking, cycling) (46_4)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
5. It has been too much effort to do jobs around the house due to alcohol (e.g. cleaning, gardening, maintaining the house) (46_5)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
6. Alcohol has interfered with my ability to work (46_6)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
7. I have cut myself off from other people (46_7)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
8. I have neglected the people close to me (46_8)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
9. Alcohol has damaged my close relationships (46_9)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
10. I have behaved badly towards other people (46_10)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
11. I have felt I miss out on family life because of alcohol (46_11)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
12. I have felt that people have no trust in me (46_12)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
13. Alcohol has interfered with my sex life (46_13)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
14. Alcohol has interfered with my relationships with friends (46_14)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
15. I have struggled to keep on top of my everyday household affairs (e.g. dealing with mail, organizing appointments) (46_15)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
16. Alcohol has had a negative effect on my housing situation (46_16)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

17. All my money has gone to alcohol (46_17)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
18. Alcohol has caused me financial difficulties (46_18)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
19. I have felt ashamed of myself (46_19)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
20. I have felt that people look down on me (46_20)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
21. I have felt that I am wasting my life (46_21)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
22. I have worried about the effect alcohol has been having on my health (46_22)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
23. I have worried about alcohol causing problems in my life (46_23)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
24. I have had no appetite (46_24)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
25. I have neglected my appearance (46_25)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
26. I have neglected my general health (46_26)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
27. I have put myself in risky situations (46_27)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
28. I have felt that nothing matters more than alcohol (46_28)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
29. Alcohol has controlled me (46_29)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
30. My life has revolved around alcohol (46_30)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
31. I have planned my days around alcohol (46_31)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
32. I have felt as though I have not been in control of myself (46_32)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
33. I have not had a good night's sleep (46_33)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
34. I have not been getting enough sleep (46_34)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

47 Have you ever heard about the Responsible Party program?

- Yes (1)
- No (2)

48 Have you ever attended a Responsible Party ?

- Yes (1)
- No (2)

49 When did you attend a Responsible Party? (You can select multiple responses)

- Before my exchange stay (1)
- During my exchange stay (2)
- After my exchange stay (3)

50 How did you notice the presence of the Responsible Party program during the party? (You can select multiple responses)

- Party Squad - Students ambassadors of responsible alcohol consumption (1)
- Posters/flyers (2)
- Gadgets (breathalyzers, condoms,...) (3)
- Distribution of water (4)
- It was impossible to notice (5)

51 During the party, were they handing out...? (you can select multiple responses)

- Water (1)
- Food (2)
- Condoms (3)
- Breathalyzers (4)
- Information on alcohol consumption through leaflets/posters (5)
- I did not notice them handing out anything (6)

52 Was water and/or food distribution accompanied by explanation on the reason why it is important to drink water during parties or to eat before partying?

- Yes (1)
- No (2)

53 Were these explanation... ?

	Not at all (1)	A little (2)	Quite a lot (3)	Very much (4)
Clear (62_1)	○	○	○	○
Precise (62_2)	○	○	○	○
Useful (62_3)	○	○	○	○

54 Had water or food contributed to ... ?

	Not at all (1)	A little (2)	Quite a lot (3)	Very much (4)
Reduce the negative consequence you may face during parties or the day after when drinking too much (63_1)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Increase your knowledge about alcohol and risk of abuse (63_2)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Reduce your alcohol consumption during this specific party (63_3)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

55 Were these information on alcohol consumption received through leaflets/posters ... ?

	Not at all (1)	A little (2)	Quite a lot (3)	Very much (4)
Clear (65_1)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Precise (65_2)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Useful (65_3)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

56 Had information on alcohol consumption received through leaflets/posters contributed to ... ?

	Not at all (1)	A little (2)	Quite a lot (3)	Very much (4)
Reduce the negative consequence you may face during parties or the day after when drinking too much (Q138_1)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Increase your knowledge about alcohol and risk of abuse (Q138_2)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Reduce your alcohol consumption during this specific party (Q138_3)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

57 During party, were they handing out some goodies? (you can select multiple responses)

- Sunglasses (1)
- Lanyards (2)
- Balloons (3)
- Pins/Badges (4)
- Anti stress balls (5)
- Other (6) _____
- I did not notice them handing out anything (7)

58 When you received the goodies, was it accompanied by a responsible drinking message?

- Yes (1)
- No (2)

59 Did you find this message ... ?

	Not at all (1)	A little (2)	Quite a lot (3)	Very much (4)
Clear (68_1)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Precise (68_2)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Useful (68_3)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

60 Had these goodies contributed to ... ?

	Not at all (1)	A little (2)	Quite a lot (3)	Very much (4)
Reduce the negative consequence you may face during parties or the day after when drinking too much (69_1)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Increase your knowledge about alcohol and risk of abuse (69_2)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Reduce your alcohol consumption during this specific party (69_3)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

61 According to you, what are the main positive aspects of the Responsible Party program ?

62 During the Responsible Party, in general, did you ...?

	Not at all (1)	A little (2)	Quite a lot (3)	Very much (4)
decrease your alcohol consumption (71_1)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
modify your way of consumption (for example, alternate with soft drinks or drink more slowly) (71_2)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
increase your alcohol consumption (71_3)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
learn new things regarding alcohol consumption (71_4)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

63 In general, what is the Responsible Party program in your opinion?

	Totally disagree (1)	Disagree some (2)	Agree some (3)	Totally agree (4)
1. A program giving information about alcohol consumption in general (72_1)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2. A program giving tips for responsible alcohol consumption (e.g. advice from the Party Squad) (72_2)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3. A program providing tools to control your own consumption (e.g. breath analyzers, free water) (72_3)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4. A program giving away free gadgets (e.g. sunglasses) (72_4)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
5. An efficient program to raise awareness about alcohol consumption during parties (72_5)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
6. An efficient program to reduce alcohol consumption among students (72_6)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
7. As a whole, a useful prevention program (72_7)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
8. An efficient program to reduce the harmful effects of alcohol consumption (72_8)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

64 In general, what did responsible party bring you?

	Totally disagree (1)	Disagree some (2)	Agree some (3)	Totally agree (4)
1. Thanks to Responsible Party, you have learned new things regarding alcohol consumption (73_1)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2. Thanks to Responsible Party, you are more aware about the negative alcohol consequences (i.e., dangerous driving, unwanted sex, violence) (73_2)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3. Thanks to Responsible Party, you have modified your opinion about alcohol consumption (73_3)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4. Thanks to Responsible Party, you have modified your behavior when drinking (e.g. drink more water during parties, avoid driving when drunk, plan a safe travel home, drink more slowly) (73_4)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
5. Thanks to Responsible Party, you have effectively reduced your alcohol consumption (73_5)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

66 **THANK YOU** for your participation Please note that you could be contacted later by email to participate to future other questionnaires on the same topic All your remarks, questions or suggestions are welcome here: RP-feedback@esn.org Before leaving, you can find some information about your alcohol consumption hereafter

Appendix 6: Responsible Party Questionnaire : Part Two

04 Are you currently a student?

- Yes (1)
- No (2)

05 Do you currently or did you participate in an Erasmus or Exchange stay?

- Yes, I'm currently on exchange (1)
- Yes, I did an exchange during this academic year (2)
- Yes, I did an exchange during the previous academic years (3)
- No (4)

06 What was the duration of your exchange stay?

- Less than 1 month (1)
- 1 month (2)
- 2 months (3)
- 3 months (4)
- 4 months (5)
- 5 months (6)
- 6 months (7)
- 7 months (8)
- 8 months (9)
- 9 months (10)
- 10 months (11)
- 11 months (12)
- 1 year (13)
- More than 1 year (14)

Part II: Your alcohol consumption

07 In the last six months, how often did you have at least one alcoholic drink?

- Never (1)
- Monthly or less (2)
- 2 to 4 times a month (3)
- 2 to 3 times a week (4)
- 4 or more times a week (5)

08 During the last six months, how many times did you drink alcohol? (enter digit numbers)

09 During the last six months, how many times have you been drunk*? (enter digit numbers) * Drunk = loss of coordination, self-control, nausea and / or inability to speak clearly

10 During the last six months, among your episodes of drunkenness, how many times have you been blind drunk*? (enter digit numbers) * Blind drunk = loss of consciousness, vomiting, memory loss and/or alcoholic coma

11 During your exchange stay, how often did you have at least one alcoholic drink?

- Never (1)
- Monthly or less (2)
- 2 to 4 times a month (3)
- 2 to 3 times a week (4)
- 4 or more times a week (5)

12 During your exchange stay, how many times did you drink alcohol? (enter digit numbers)

13 During your exchange stay, how many times have you been drunk*? (enter digit numbers) * Drunk = loss of coordination, self-control, nausea and / or inability to speak clearly

14 During your exchange stay, among your episodes of drunkenness, how many times have you been blind drunk*? (enter digit numbers) * Blind drunk = loss of consciousness, vomiting, memory loss and/or alcoholic coma

15 During the last six months, when you drink alcohol without partying (e.g. during dinner or cocktail), how many alcohol doses do you have?

- 1 or 2 (1)
- 3 or 4 (2)
- 5 or 6 (3)
- 7, 8 or 9 (4)
- 10 or more (5)
- I never drink alcohol without partying (6)

16 During the last six months, how many alcohol doses do you have during a typical party evening?

- 1 or 2 (1)
- 3 or 4 (2)
- 5 or 6 (3)
- 7, 8 or 9 (4)
- 10 or more (5)
- I never drink alcohol during party (6)

17 During the last six months, when you drink alcohol at a party, what is your typical consumption speed?

- Less than 1 alcohol dose per hour (1)
- Around 1 alcohol dose per hour (2)
- Around 2 alcohol doses per hour (3)
- Around 3 alcohol doses per hour (4)
- More than 3 alcohol doses per hour (5)
- I never drink alcohol during party (6)

18 In general, during the last six months, how many times do you drink alcohol during a normal week?

- Less than 1 (1)
- 1 (2)
- 2 (3)
- 3 (4)
- 4 (5)
- 5 (6)
- 6 (7)
- 7 (8)
- More than 7 (9)
- I never drink alcohol (10)

19 As a whole, during the last six months, how many alcohol doses in average do you have per week? (enter digit numbers)

20 During your exchange stay, when you drink alcohol without partying (e.g. during dinner or cocktail), how many alcohol doses do you have?

- 1 or 2 (1)
- 3 or 4 (2)
- 5 or 6 (3)
- 7, 8 or 9 (4)
- 10 or more (5)
- I never drink alcohol without partying (6)

21 During your exchange stay, how many alcohol doses do you have during a typical party evening?

- 1 or 2 (1)
- 3 or 4 (2)
- 5 or 6 (3)
- 7, 8 or 9 (4)
- 10 or more (5)
- I never drink alcohol during party (6)

22 During your exchange stay, when you drink alcohol at a party, what is your typical consumption speed?

- Less than 1 alcohol dose per hour (1)
- Around 1 alcohol dose per hour (2)
- Around 2 alcohol doses per hour (3)
- Around 3 alcohol doses per hour (4)
- More than 3 alcohol doses per hour (5)
- I never drink alcohol during party (6)

23 During your exchange stay, how many times do you drink alcohol during a normal week?

- Less than 1 (1)
- 1 (2)
- 2 (3)
- 3 (4)
- 4 (5)
- 5 (6)
- 6 (7)
- 7 (8)
- More than 7 (9)
- I never drink alcohol (10)

24 During your exchange stay, as a whole, how many alcohol doses in average do you have per week? (enter digit numbers)

25 During the last six months, what has been the percentage of your alcohol consumption represented by*: *

The total must be 100%, e.g. Beer 60%, Wine 30%, Spirits 0%; Other alcoholic drinks 10%

_____ Beer (1)

_____ Wine (2)

_____ Spirits (3)

_____ Other alcoholic drinks (4)

26 During the last six months, how often do you have six or more drinks on one occasion?

- Never (1)
- Less than Once a Month (2)
- Once a Month (3)
- Weekly (4)
- Daily or almost daily (5)

27 How often during the last six months have you...

	Never (1)	Less than Once a Month (2)	Once a Month (3)	Weekly (4)	Daily or almost daily (5)
found that you were not able to stop drinking once you had started? (27_1)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
failed to do what was normally expected of you because of drinking? (27_2)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
needed a first drink in the morning to get yourself going after a heavy drinking session? (27_3)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
had a feeling of guilt or remorse after drinking? (27_4)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
been unable to remember what happened the night before because of your drinking? (27_5)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

28 During your exchange stay, what has been the percentage of your alcohol consumption represented by*: *

The total must be 100%, e.g. Beer 60%, Wine 30%, Spirits 0%; Other alcoholic drinks 10%

_____ Beer (1)

_____ Wine (2)

_____ Spirits (3)

_____ Other alcoholic drinks (4)

29 During your exchange stay, how often do you have six or more drinks on one occasion?

- Never (1)
- Less than Once a Month (2)
- Once a Month (3)
- Weekly (4)
- Daily or almost daily (5)

30 How often during your exchange stay have you...

	Never (1)	Less than Once a Month (2)	Once a Month (3)	Weekly (4)	Daily or almost daily (5)
found that you were not able to stop drinking once you had started? (30_1)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
failed to do what was normally expected of you because of drinking? (30_2)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
needed a first drink in the morning to get yourself going after a heavy drinking session? (30_3)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
had a feeling of guilt or remorse after drinking? (30_4)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
been unable to remember what happened the night before because of your drinking? (30_5)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

31 During the last six months, have you or has someone else been injured because of your drinking? (e.g. falling down or fighting during parties)

- No (1)
- Yes, but not in the last six months (2)
- Yes, during the last six months (3)

32 During the last six months, has a relative, friend, doctor or other health care worker been concerned about your drinking or suggested you cut down?

- No (1)
- Yes, but not in the last six months (2)
- Yes, during the last six months (3)

33 During your exchange stay, have you or has someone else been injured because of your drinking? (e.g. falling down or fighting during parties)

- No (1)
- Yes, but not during my exchange (2)
- Yes, during my exchange (3)

34 During your exchange stay, has a relative, friend, doctor or other health care worker been concerned about your drinking or suggested you cut down?

- No (1)
- Yes, but not during my exchange (2)
- Yes, during my exchange (3)

35 During your exchange stay, do you consider that your alcohol consumption has

- strongly decreased (1)
- slightly decreased (2)
- remained constant (3)
- slightly increased (4)
- strongly increased (5)

Part III: Some more questions about you

36 You'll find below a list of reasons given by people to justify their alcohol consumption. When thinking about your usual drinking context during the last six months, how frequently would you say that you drink for the following reasons? I drink...

	Never/Almost never (1)	Some of the time (2)	Half of the time (3)	Most of the time (4)	Always/Almost always (5)
1. As a way to celebrate (36_1)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2. To relax (36_2)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3. Because I like the feeling (36_3)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4. Because it is what most of my friends do when we get together (36_4)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
5. To forget my worries (36_5)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
6. Because it is exciting (36_6)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
7. To be sociable (36_7)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
8. Because I feel more self-confident or sure of myself (36_8)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
9. To get a high – To get drunk (36_9)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
10. Because it is customary on special occasions (36_10)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
11. Because it helps me when I am feeling nervous (36_11)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
12. Because it's fun (36_12)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
13. Because it makes a social gathering more enjoyable (36_13)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
14. To cheer me up when I'm in a bad mood (36_14)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
15. To be liked (36_15)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
16. To numb my pain (36_16)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
17. Because it helps me when I am feeling depressed (36_17)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
18. So that others won't kid me about not using (36_18)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

19. To reduce my anxiety (36_19)	<input type="radio"/>				
20. To stop me from dwelling on things (36_20)	<input type="radio"/>				
21. To turn off negative thoughts about myself (36_21)	<input type="radio"/>				
22. To help me feel more positive about things in my life (36_22)	<input type="radio"/>				
23. To stop me from feeling so hopeless about the future (36_23)	<input type="radio"/>				
24. Because my friends pressure me to use (36_24)	<input type="radio"/>				
25. To fit in with a group I like (36_25)	<input type="radio"/>				
26. Because it makes me feel good (36_26)	<input type="radio"/>				
27. To forget painful memories (36_27)	<input type="radio"/>				
28. So I won't feel left out (36_28)	<input type="radio"/>				

37 You'll find below a list of reasons given by people to justify their alcohol consumption. When thinking about your usual drinking context during your exchange stay, how frequently would you say that you drink for the following reasons? I drink...

Part IV: Your behaviours during parties

38 When partying, do you usually:

	Never/Almost never (1)	Some of the time (2)	Half of the time (3)	Most of the time (4)	Always/Almost always (5)
1. Eat before going out to have a full stomach before starting drinking (38_1)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2. Keep track on your alcoholic drinks (i.e. know how many alcoholic drinks you have already had during the party) (38_2)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3. Drink a lot of water during the party (i.e. alternate water and/or soft drinks with alcoholic drinks) (38_3)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4. Precisely plan a safe way back home (e.g. decide upfront who will be the designated driver) (38_4)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
5. Use drinking tips to avoid being too drunk (e.g. drink slower, stop drinking at some point) (38_5)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Part IV: AQOLS

39 The purpose of this questionnaire is to assess the impact of alcohol had on your life over the last 4 weeks. Thank you to remind you not to respond for a period exceeding 4 weeks. In this questionnaire, the word 'alcohol' is used to describe your relationship with alcohol as a whole, regardless of the fact that you currently drink or not. Please select for each statement the answer that best fits your situation. The following applied to me during the past 4 weeks ...

	Not at all (1)	A little (2)	Quite a lot (3)	Very much (4)
1. I have felt I miss out on everyday activities with family and friends (39_1)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2. It has been difficult for me to follow through on plans (39_2)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3. I have been restricted in the places I can go to because of alcohol (39_3)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4. I have struggled doing physical activities due to alcohol (e.g. walking, cycling) (39_4)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
5. It has been too much effort to do jobs around the house due to alcohol (e.g. cleaning, gardening, maintaining the house) (39_5)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
6. Alcohol has interfered with my ability to work (39_6)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
7. I have cut myself off from other people (39_7)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
8. I have neglected the people close to me (39_8)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
9. Alcohol has damaged my close relationships (39_9)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
10. I have behaved badly towards other people (39_10)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
11. I have felt I miss out on family life because of alcohol (39_11)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
12. I have felt that people have no trust in me (39_12)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
13. Alcohol has interfered with my sex life (39_13)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
14. Alcohol has interfered with my relationships with friends (39_14)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
15. I have struggled to keep on top of my everyday household affairs (e.g. dealing with mail, organizing appointments) (39_15)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
16. Alcohol has had a negative effect on my housing situation (39_16)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

17. All my money has gone to alcohol (39_17)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
18. Alcohol has caused me financial difficulties (39_18)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
19. I have felt ashamed of myself (39_19)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
20. I have felt that people look down on me (39_20)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
21. I have felt that I am wasting my life (39_21)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
22. I have worried about the effect alcohol has been having on my health (39_22)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
23. I have worried about alcohol causing problems in my life (39_23)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
24. I have had no appetite (39_24)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
25. I have neglected my appearance (39_25)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
26. I have neglected my general health (39_26)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
27. I have put myself in risky situations (39_27)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
28. I have felt that nothing matters more than alcohol (39_28)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
29. Alcohol has controlled me (39_29)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
30. My life has revolved around alcohol (39_30)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
31. I have planned my days around alcohol (39_31)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
32. I have felt as though I have not been in control of myself (39_32)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
33. I have not had a good night's sleep (39_33)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
34. I have not been getting enough sleep (39_34)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

40 The purpose of this questionnaire is to assess the impact of alcohol had on your life during your exchange stay. Thank you to remind you to respond for this specific period. In this questionnaire, the word 'alcohol' is used to describe your relationship with alcohol as a whole, regardless of the fact that you currently drink or not.

Please select for each statement the answer that best fits your situation. The following applied to me during my exchange stay ...

41 Do you smoke?

- Yes (1)
- No (2)

42 How many cigarettes per day? (enter digit numbers)

43 Have you used any of the following substances in the last six months?

	No (1)	Yes (2)
Cannabis (43_1)	<input type="radio"/>	<input type="radio"/>
Heroin (43_2)	<input type="radio"/>	<input type="radio"/>
Cocaine (43_3)	<input type="radio"/>	<input type="radio"/>
Amphetamines or LSD (43_4)	<input type="radio"/>	<input type="radio"/>
Other drugs (43_5)	<input type="radio"/>	<input type="radio"/>

44 Which other drug(s)?

45 Have you used any of the following substances during your exchange stay?

	No (1)	Yes (2)
Cannabis (45_1)	<input type="radio"/>	<input type="radio"/>
Heroin (45_2)	<input type="radio"/>	<input type="radio"/>
Cocaine (45_3)	<input type="radio"/>	<input type="radio"/>
Amphetamines or LSD (45_4)	<input type="radio"/>	<input type="radio"/>
Other drugs (45_5)	<input type="radio"/>	<input type="radio"/>

46 Which other drug(s)?

Part V: Responsible Party

47 Have you ever heard about the Responsible Party program?

- Yes (1)
- No (2)

48 Have you ever attended a Responsible Party ?

- Yes (1)
- No (2)

49 How many Responsible Party have you attended?

- 1 (1)
- 2 (2)
- 3 (3)
- 4 (4)
- 5 (5)
- More than 5 (6)

50 When did you attend a Responsible Party? (You can select multiple responses)

- Before my exchange stay (1)
- During my exchange stay (2)
- After my exchange stay (3)

51 How did you notice the presence of the Responsible Party program during the party? (You can select multiple responses)

- Party Squad - Students ambassadors of responsible alcohol consumption (1)
- Posters/flyers (2)
- Gadgets (breathalyzers, condoms,...) (3)
- Distribution of water (4)

52 During the party, were they handing out...? (you can select multiple responses)

- Water (1)
- Food (2)
- Condoms (3)
- Breathalizers (4)
- Information on alcohol consumption through leaflets/posters (5)
- I did not notice them handing out anything (6)

53 Was water and/or food distribution accompanied by explanation on the reason why it is important to drink water during parties or to eat before partying?

- Yes (1)
- No (2)

54 Were these explanation... ?

	Not at all (1)	A little (2)	Quite a lot (3)	Very much (4)
Clear (54_1)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Precise (54_2)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Useful (54_3)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

55 Had water or food contributed to ... ?

	Not at all (1)	A little (2)	Quite a lot (3)	Very much (4)
Reduce the negative consequence you may face during parties or the day after when drinking too much (55_1)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Increase your knowledge about alcohol and risk of abuse (55_2)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Reduce your alcohol consumption during this specific party (55_3)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

56 Were these information on alcohol consumption received through leaflets/posters ... ?

	Not at all (1)	A little (2)	Quite a lot (3)	Very much (4)
Clear (56_1)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Precise (56_2)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Useful (56_3)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

57 Had information on alcohol consumption received through leaflets/posters contributed to ... ?

	Not at all (1)	A little (2)	Quite a lot (3)	Very much (4)
Reduce the negative consequence you may face during parties or the day after when drinking too much (57_1)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Increase your knowledge about alcohol and risk of abuse (57_2)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Reduce your alcohol consumption during this specific party (57_3)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

58 During party, were they handing out some goodies? (you can select multiple responses)

- Sunglasses (1)
- Lanyards (2)
- Balloons (3)
- Pins/Badges (4)
- Anti stress balls (5)
- Other (6) _____
- I did notice them handing out anything (7)

59 When you received the goodies, was it accompanied by a responsible drinking message?

- Yes (1)
- No (2)

60 Did you find this message ... ?

	Not at all (1)	A little (2)	Quite a lot (3)	Very much (4)
Clear (60_1)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Precise (60_2)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Useful (60_3)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

61 Had these goodies contributed to ... ?

	Not at all (1)	A little (2)	Quite a lot (3)	Very much (4)
Reduce the negative consequence you may face during parties or the day after when drinking too much (61_1)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Increase your knowledge about alcohol and risk of abuse (61_2)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Reduce your alcohol consumption during this specific party (61_3)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

62 According to you, what are the main positive aspects of the Responsible Party program ?

63 During the Responsible Party, in general, did you ...?

	Not at all (1)	A little (2)	Quite a lot (3)	Very much (4)
decrease your alcohol consumption (63_1)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
modify your way of consumption (for example, alternate with soft drinks or drink more slowly) (63_2)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
increase your alcohol consumption (63_3)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
learn new things regarding alcohol consumption (63_4)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

64 In general, what is the Responsible Party program in your opinion?

	Totally disagree (1)	Disagree some (2)	Agree some (3)	Totally agree (4)
1. A program giving information about alcohol consumption in general (64_1)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2. A program giving tips for responsible alcohol consumption (e.g. advice from the Party Squad) (64_2)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3. A program providing tools to control your own consumption (e.g. breath analyzers, free water) (64_3)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4. A program giving away free gadgets (e.g. sunglasses) (64_4)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
5. An efficient program to raise awareness about alcohol consumption during parties (64_5)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
6. An efficient program to reduce alcohol consumption among students (64_6)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
7. As a whole, a useful prevention program (64_7)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
8. An efficient program to reduce the harmful effects of alcohol consumption (64_8)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

65 In general, what did responsible party bring you?

	Totally disagree (1)	Disagree some (2)	Agree some (3)	Totally agree (4)
1. Thanks to Responsible Party, you have learned new things regarding alcohol consumption (65_1)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2. Thanks to Responsible Party, you are more aware about the negative alcohol consequences (e.g. dangerous driving, unwanted sex, violence) (65_2)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3. Thanks to Responsible Party, you have modified your opinion about alcohol consumption (65_3)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4. Thanks to Responsible Party, you have modified your behavior when drinking (e.g. drink more water during parties, avoid driving when drunk, plan a safe travel home, drink more slowly) (65_4)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
5. Thanks to Responsible Party, you have effectively reduced your alcohol consumption (65_5)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

69 THANK YOU for your participation The Winners of the contest will be contacted after June Please note that you could be contacted later by email to participate to future other questionnaires on the same topic All your remarks, questions or suggestions are welcome here: RP-feedback@esn.org Before leaving, you can find some information about your alcohol consumption hereafter