

USA TODAY/HBO DRUG ADDICTION POLL

Results are based on telephone interviews conducted April 27-May 31, 2006, with a random sample of 902 U.S. adults, aged 18+, immediate family member has had a drug or alcohol addiction. For results based on this sample, one can say with 95% confidence margin of sampling error is ± 4 percentage points.

In addition to sampling error, question wording and practical difficulties in conducting surveys can introduce error or bias into the public opinion polls.

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Three-quarters of U.S. adults who have a family member suffering from the disease of drug or alcohol addiction think addiction is a disease.

Question: Do you believe that addiction is -- or is not -- a disease?

	Total Sample
Yes, addiction is a disease	76%
<i>(Physical disease)</i>	<i>(1%)</i>
<i>(Psychological)</i>	<i>(8%)</i>
<i>(Both)</i>	<i>(66%)</i>
<i>(Unsure)</i>	<i>(1%)</i>
No, addiction is not a disease	21%
No opinion	3%

(Asked of those who think addiction is a disease) Do you believe that addiction is a physical disease, a psychological disease, or both a physical and a psychological disease?

Three-quarters of U.S. adults who have a family member suffering from the disease of drug or alcohol addiction think that people who are addicted to drugs can make a complete recovery from their addiction.

Question: Thinking just about drug addiction, do you think that people who are addicted to drugs can make a permanent and complete recovery from their addiction, or not?

	Total Sample
Yes, can make complete recovery	75%
<i>(Can make complete recovery on their own)</i>	<i>(22%)</i>
<i>(Can only recover if they get professional help)</i>	<i>(50%)</i>
<i>(Unsure)</i>	<i>(3%)</i>
No, cannot make complete recovery/unsure if can	25%
<i>(Possible to make temporary recovery)</i>	<i>(22%)</i>
<i>(Temporary recovery not possible)</i>	<i>(2%)</i>
<i>(Unsure)</i>	<i>(1%)</i>

(Asked of those who think complete recovery possible) Which comes closer to your view – [ROTATED: it is possible for people who are addicted to drugs to make a complete recovery on their own, (or) people who are addicted to drugs can ONLY recover if they get professional help or join a formal recovery program]?

(Asked of those who think complete recovery not possible or are unsure) Do you think it is -- or is not -- possible for people who are addicted to drugs to make a temporary recovery in which they are clean for several months or longer, but then go back to using the drug later?

Eight out of ten U.S. adults who have a family member suffering from the disease of drug or alcohol addiction think that alcoholics can make a complete recovery from their addiction.

Question: Thinking just about alcohol addiction, do you think that alcoholics can make a permanent and complete recovery from their addiction, or not?

	Total Sample
Yes, can make complete recovery	81%
<i>(Can make complete recovery on their own)</i>	<i>(30%)</i>
<i>(Can only recover if they get professional help)</i>	<i>(48%)</i>
<i>(Unsure)</i>	<i>(3%)</i>
No, cannot make complete recovery/unsure if can	19%
<i>(Possible to make temporary recovery)</i>	<i>(17%)</i>
<i>(Temporary recovery not possible)</i>	<i>(2%)</i>
<i>(Unsure)</i>	<i>(--)</i>

(Asked of those who think complete recovery possible) Which comes closer to your view – [ROTATED: it is possible for alcoholics to make a complete recovery on their own, (or) alcoholics can ONLY recover if they get professional help or join a formal recovery program]?

(Asked of those who think complete recovery not possible or are unsure) Do you think it is -- or is not -- possible for alcoholics to make a temporary recovery in which they are sober for several months or longer, but then go back to drinking later?

Over eight out of ten U.S. adults who have a family member suffering from the disease of drug or alcohol addiction think that alcoholics must totally abstain from alcohol to recover from their addiction.

Question: In order for an alcoholic to recover, do you think he or she needs to totally abstain from drinking alcohol, or can an alcoholic recover and still have an occasional drink?

	Total Sample
Need to totally abstain	84%
Can still have occasional drink	13%
No opinion	3%

Only a third of U.S. adults who have a family member suffering from the disease of drug or alcohol addiction think that there are medications available to treat alcoholism.

Question: As far as you know, are there medications a person can take to treat alcoholism, or not?

	Total Sample
Yes, are medications	34%
No, are not	50%
No opinion	15%

Emotional and Devastating/Horrible are the words that most often come to mind when people are asked to describe the effects of a family member's addiction.

Question: What words or phrases would come to mind if you were asked to describe the effects that your “family member’s” addiction has had on you, personally? [OPEN-ENDED]

	Total Sample
Emotional	14%
Devastating/horrible	13%
Learned/Grown from experience	8%
Break up family relationships	7%
Stressful	7%
Disappointment/dismayed/loss of respect	6%
Negative affects caused by addiction/negligence/selfishness	5%
Abusive/mean/belligerent	5%
Concerned/worried	5%
Angry/bitter	4%
Terrible/bad	4%
Distrust/dishonesty	3%
Anxious/scared/fearful	3%
Abandonment	3%
Confused/frustrated	2%
Embarrassing	2%
Helplessness	2%
Destructive/damaging	2%
Depression	2%
Isolated/withdrawn	2%
Financial burden	2%
Insecurity	1%
Physically unhealthy	1%
Life-altering	1%
Worthless/waste of life	1%
Annoyed	1%
Hate	1%
Other	6%
None	7%
No opinion	6%

Question: Have you tried/Did you try to keep your “family member’s” addiction a secret from family or friends, or not?

	Total Sample
Yes	19%
No	80%
No opinion	1%

Almost half of U.S. adults who have a family member suffering from the disease of drug or alcohol addiction say they have felt a sense of shame about that family member's addiction.

Question: Have you, personally, ever felt/ Did you personally ever feel a sense of shame about your “family member’s” addiction, or not?

	Total Sample
Yes	49%
No	51%
No opinion	*

Among respondents opinions vary on the cause of drug and alcohol addiction.

Question: For each of the following, please say whether you think it was or is a major factor, a minor factor, or not a factor in your “family member’s” drug or alcohol addiction. How about -- [RANDOM ORDER]?

<i>(Sorted by percent saying “major factor”)</i>	<u>Major factor</u>	<u>Minor factor</u>	<u>Not a factor</u>	<u>No opinion</u>
Lacking will power	55%	27%	16%	2%
Living in a situation where drugs or alcohol were easy to obtain	54%	25%	19%	2%
A psychological illness, such as depression or anxiety	50%	26%	20%	4%
Having major personal, family, financial or job problems	45%	27%	26%	2%
Living in a situation where there were social pressures to take drugs or drink alcohol	42%	29%	26%	2%
A genetic trait they were born with	34%	26%	34%	6%
Living in a situation where other family members used drugs or alcohol	32%	24%	43%	1%

3 point scale

Seven out of ten U.S. adults who have a family member suffering from the disease of drug or alcohol addiction say that a family member's addiction has had a major or minor effect on their emotional or mental health.

Question: Next, thinking about the effects of your family member’s addiction on your own life, has your “family member’s” addiction had a major negative effect on [RANDOM ORDER], a minor negative effect, or has it not had a negative effect at all?

<i>(Sorted by percent saying “major effect”)</i>	Major negative effect	Minor negative effect	No negative	Doesn't
Your emotional or mental health	31%	39%	30%	--
Your relationships with other family members	21%	30%	49%	--
Your marriage	18%	20%	51%	11%
Your personal financial situation	17%	22%	60%	*
Your physical health	14%	25%	60%	*
Your relationship with friends	12%	25%	62%	*
Your job	8%	17%	70%	6%

3 point scale

Almost one out ten of those who say a family member's addiction has had a major negative impact on their financial situation say they have had to take out a loan or run up credit card bills as a direct result of this addiction.

Question: *(Asked of those for whom addiction had “major negative effect” on financial situation)* Have you ever had to take out a loan or run up large credit card bills as a direct result of your family member’s addiction, or not?

	Total Sample
Major negative effect on financial situation	17%
<i>(Had to take out a loan/run up credit card bills)</i>	<i>(8%)</i>
<i>(Did not have to take out loan/run up credit card bills)</i>	<i>(9%)</i>
Minor negative effect on financial situation	22%
No negative effect on financial situation	60%
Doesn't apply (vol.)	*
No opinion	*

Question: *(Asked of those for whom addiction had “major negative effect” on job)* Were you ever fired from a job because your performance at work suffered as a result of your family member’s addiction, or not?

	Total Sample
Major negative effect on financial situation	8%
<i>(Fired from job because performance suffered)</i>	<i>(2%)</i>
<i>(Never fired from job)</i>	<i>(6%)</i>
Minor negative effect on job	17%
No negative effect job	70%
Doesn’t apply (vol.)	6%
No opinion	*

About a fifth of those who say a family member's addiction has had a major negative impact on their marriage, family relationships, or emotional health say they sought professional counseling.

Question: *(Asked of those for whom addiction had “major negative effect” on marriage, family relationships, or emotional health)* Again, thinking just about you, not the family member who was addicted, have you, personally, ever felt the need to seek professional family or psychological counseling as a result of your family member’s addiction, or not?

(Asked of those who felt need to get counseling) Have you gotten any professional counseling, or not?

	Total Sample
Felt need to get professional counseling and got it	19%
Felt need to get professional counseling, did not get it	5%
Did not feel need to get professional counseling	17%
Addiction had no major negative effect on marriage, family, or	59%

While half of U.S. adults who have a family member suffering from the disease of drug or alcohol addiction say this addiction has brought their family closer, a third feel it has pushed them apart.

Question: Thinking now about the relationships between all of the members of your family, would you say your family has -- [ROTATED: grown closer (or has your family) grown apart] -- as a result of your “family member’s” addiction?

	Total Sample
Grown closer	51%
Grown apart	31%
Both/neither/no opinion	18%

One third of U.S. adults who have a family member suffering from the disease of drug or alcohol addiction say the addiction has caused estrangement among family members.

Question: Has any/ Did any member of your family cut off relations with your “family member” as a result of his/her addiction, or not?

	Total Sample
Yes	33%
No	66%
No opinion	1%

Just over half of the respondents say the addicted family member has admitted their addiction to them, while just under half say they have not.

Question: Has your “family member” admitted/ Did your “family member” admit his/her addiction to you, personally, or not?

	Total Sample
Yes	54%
No	45%
No opinion	1%

Seven out of ten of the respondents say they have personally confronted the family member about the addiction.

Question:

Have you, personally, ever confronted your “family member” about his/her addiction, or not?

	Total Sample
Yes	69%
No	31%
No opinion	1%

Four out of ten of the respondents say that their family member has overcome the addiction. One of out 10 think their family member wants to recover but, almost a fifth believes they do not.

Question: Would you say your “family member” is currently addicted, or has he/she been able to overcome the addiction?

(Asked of those whose family member is currently addicted) In your view, does your “family member” want to recover from his/her addiction, but is unable to do so, or does he/she not want to recover?

	Total Sample
Has overcome addiction	41%
Currently addicted	30%
<i>(Wants to recover)</i>	<i>(11%)</i>
<i>(Does not want to recover)</i>	<i>(18%)</i>
<i>(Unsure)</i>	<i>(1%)</i>
Deceased/does not apply (vol.)	21%
No opinion	8%

Almost half of U.S. adults who have a family member suffering from the disease of drug or alcohol addiction say their family member has never sought treatment. Of those whose family member has sought treatment, three out of ten only sought treatment after intervention.

Question: Which of the following applies to your “family member” -- he/she sought treatment, including joining a formal recovery program, for his/her addiction on his/her own, he/she sought treatment, but only because others intervened, or he/she has never sought treatment for his/her addiction?

	Total Sample
Sought treatment on own	19%
Sought treatment, others intervened	30%
Never sought treatment	47%
No opinion	4%

Question: *(Asked of those whose family member sought treatment due to the intervention of others)* Were you, personally, involved in the intervention that led to your “family member” seeking treatment, or did he/she seek treatment due to the involvement of other people?

BASED ON 275 RESPONDENTS WHO SAY FAMILY MEMBER SOUGHT TREATMENT DUE TO INTERVENTION

Yes, personally involved	39%
No, due to other people	60%
No opinion	*

Eight out of ten respondents say they have some idea on how to find treatment for their family members addiction.

Question: *(Asked of those who were involved in intervention leading to treatment)* When you first tried to find treatment for your “family member,” were you at a loss to know what to do, or did you have some idea of what to do?

(Asked of those who have not been involved in intervention leading to treatment) If you wanted to find treatment for your “family member,” do you think you would be at a loss to know what to do, or do you have some idea of what to do?

	Total Sample
Was at a loss/ Would be at a loss	15%
Had some idea/ Would have some idea	82%
No opinion	3%

Over half of the respondents whose family member sought treatment say the family member had to repeat treatment.

Question: *(Asked of those whose family member sought treatment)* Was your “family member” in treatment more than once, or just one time?

BASED ON 446 RESPONDENTS WHOSE FAMILY MEMBER SOUGHT TREATMENT

More than once	52%
Just one time	42%
No opinion	6%

Question: *(Asked of those whose family member sought treatment)* To the best of your knowledge, please describe the method of treatment he/she received. [OPEN-ENDED]

BASED ON 446 RESPONDENTS WHOSE FAMILY MEMBER SOUGHT TREATMENT

Rehabilitation treatment center/inpatient center	23%
AA meetings/meetings/classes	17%
Counseling/psychologist	11%
Hospital/medical programs	8%
Group therapy sessions	4%
Incarceration	4%
Detoxify/dry out	3%
Halfway home/group home	3%
12 step program	3%
Outpatient programs	2%
Saw medical doctor	2%
Other	8%
None	2%
No opinion	10%

Almost four out of ten of the respondents whose family member sought treatment say their family member completely recovered, but about six out of ten say their family member either showed no improvement or got better but did not completely recover.

Question:

(Asked of those whose family member sought treatment) What was the result of this treatment? Did your “family member” – [ROTATED: completely recover from his/her addiction, get better, but not completely recover, or did he/she show no improvement in his/her condition]?

BASED ON 446 RESPONDENTS WHOSE FAMILY MEMBER SOUGHT TREATMENT

Completely recovered	38%
Got better, not completely recover	44%
Showed no improvement	14%
No opinion	4%

Of those whose family member sought treatment, almost half say the family member relapsed and almost one out of ten say there was no improvement at all.

Question: *(Asked of those whose family member sought treatment)* Did your “family member” get better for a while but later have a relapse, or was there no improvement in his/her condition at all?

BASED ON 446 RESPONDENTS WHOSE FAMILY MEMBER SOUGHT TREATMENT

Family member completely recovered from addiction	38%
Family member did not completely recover from addiction	58%
<i>(Got better for a while but later had a relapse)</i>	<i>(46%)</i>
<i>(No improvement in condition at all)</i>	<i>(8%)</i>
<i>(Unsure)</i>	<i>(4%)</i>
No opinion	4%

Family support/ pressure was most often cited as the primary reason the family member was able to overcome addiction.

Question: *(Asked of those whose family member overcame addiction)* In your opinion, what would you say was the main reason your “family member” was able to overcome his/her addiction? [OPEN-ENDED]

BASED ON 371 RESPONDENTS WHOSE FAMILY MEMBER OVERCAME ADDICTION

Family support/pressure	23%
Self determination/will power	15%
Health reasons/life or death	12%
Spiritual awakening	6%
Received professional treatment	6%
Acknowledged had a problem	6%
Support/help/intervention of others	6%
In trouble with the law/incarcerated	5%
Change of environment/removal of temptation	4%
Hitting rock bottom	3%
Jobs/financial loss	3%
Outgrew it	3%
Made a choice that had to be made	1%
Other	2%
No opinion	5%

Three quarters of the respondents say their family member is/was addicted to alcohol. The remaining quarter are/were addicted to a variety of drugs.

Question: Can you please tell me what substance or substances your “family member” is/was addicted to?
[OPEN-ENDED]

	Total Sample
Alcohol	75%
Cocaine	15%
Marijuana	14%
Methamphetamines/crystal meth	7%
Heroin	4%
Painkillers	5%
Prescription drugs	2%
LSD/hallucinogenic drugs	1%
Sleeping pills	1%
Drugs (non-specific)	1%
Ecstasy	1%
Other	4%
Anything/everything	1%
No opinion	4%
<i>NET: Illegal drugs</i>	<i>30%</i>
<i>NET: Legal/prescription drugs</i>	<i>6%</i>

*Percentages add to more than 100% due to multiple responses.

Only three out of ten respondents say their addicted family member consulted with a medical doctor or other medical professional specializing in the treatment of addiction.

Question: To the best of your knowledge, did your “family member” ever consult with a medical doctor or other medical professional specializing in the treatment of addiction, or not?

	Total Sample
Yes, did	29%
No, did not	60%
No opinion	11%

Over half of the respondents say their addicted family member was never evaluated for psychological illness.

Question: To the best of your knowledge, was your “family member” ever evaluated for any psychological illnesses, such as depression, anxiety, or attention deficit disorder, or not?

	Total Sample
Yes, was	37%
No, was not	53%
No opinion	10%

Slightly less than half of the respondents say their addicted family member currently has health insurance.

Question: Does your “family member” currently have health insurance, or not?

	Total Sample
Yes, does	48%
No, does not	21%
Deceased/ does not apply (vol.)	22%
No opinion	9%

Just over half of the respondents whose addicted family member does have insurance think their insurance provides benefits for the treatment of drug or alcohol addiction.

Question: *(Asked of those whose family member has health insurance)* To the best of your knowledge, does your “family member’s” health insurance provide benefits for the treatment of drug or alcohol addiction, or not?

BASED ON 434 RESPONDENTS WHO SAY THEIR FAMILY MEMBER CURRENTLY HAS HEALTH INSURANCE

Yes, does	53%
No, does not	10%
No opinion	38%

Seven out of ten of the respondents whose addicted family member does have insurance think their insurance will provide adequate treatment of drug or alcohol addiction.

Question: *(Asked of those whose family member has insurance that covers treatment of addiction)* As far as you know, are those benefits adequate to ensure that your “family member” can get the treatment they need, or are they inadequate?

BASED ON 229 RESPONDENTS WHO SAY FAMILY MEMBER’S INSURANCE COVERS THE TREATMENT OF ADDICTION

Adequate	70%
Inadequate	17%
No opinion	13%