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Supplementary Material

Die Fakten dicke! Der GESIS Podcast #6/#7

"Bar-Hopping quer durch Europa – Alkoholmessung im ESS"/"Bar hopping through Europe with the ESS-expert Diana Zavala-Rojas"

March 2022, Lydia Repke

Leibniz Association

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European Social Survey

European Social Survey

The **European Social Survey** (ESS) is a biennial, academically-driven, cross-national survey based on face-to-face interviews. Established in 2001, the ESS measures people's attitudes, beliefs, and behavior patterns in more than 30 nations across Europe.

The survey combines a core set of questions and rotating question modules. The source questionnaire is developed in British English but infused with methodological and substantive cross-cultural input. Later, it is translated and adapted to the languages and cultures of all participating countries.

Data Access

To get an **overview** of the topics that are covered by the ESS in each round, check out the website.

You can download the ESS data for free (available formats: SAS, SPSS, and Stata). When trying to download the data, you are asked to register and thereby agree to the ESS User agreement. Also, you can access all the accompanying materials such as questionnaires, contact forms, show cards, fieldwork and interviewer instructions, and the letter to respondents for each country.

You also have the option to execute some basic online analysis without downloading the data.

Weights and Sample Design Indicators

If you want to work with the ESS data, it is indispensable that you **apply weights**. There are three types:

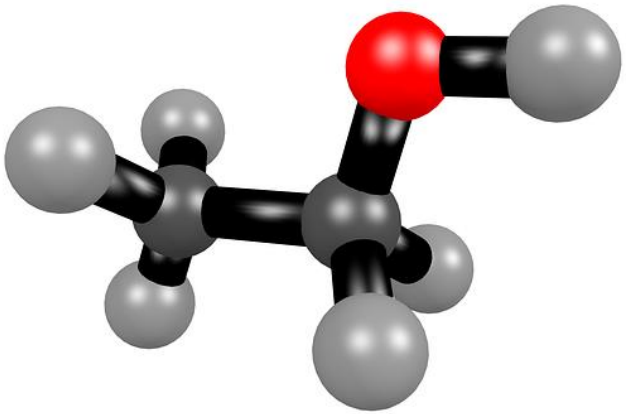
- Design weights (DWEIGHT) adjust for different selection probabilities
- Post-stratification weights (PSPWGHT) adjust for sampling error and non-response bias as well as different selection probabilities
- Population size weights (PWEIGHT) should be applied if you look at aggregates or averages for two or more countries combined

For more information, see guide to weighting ESS data.

Alcohol and Measurement

Definition of Alcohol Consumption

Measurement of **alcohol consumption** according to the World Health Organization (WHO):



= consumption in equivalent liters of pure alcohol (ethanol) per capita

For any alcoholic drink, the amount of pure alcohol can be determined.

Alcohol Consumption in the ESS

The ESS Round 7 questionnaire included a set of questions measuring various aspects of "social inequalities in health," among which the measurement of **alcohol consumption behavior** was included.

As countries differ in the types of alcoholic drinks typically consumed and in the size of these drinks, the ESS tested a new approach to measuring alcohol consumption. All countries received the same question, but with country-specific response categories illustrated by show cards. To later compare answers, a system was designed to compute harmonized variables that could be compared.

Harmonization System in the ESS (I/II)

For each alcoholic beverage, the ESS documented its quantity in milliliters, its average alcohol volume percentage, and its number of grams in country-specific tables.

Germany - Calculation of grams for variables ALCWKDY and ALCWKND

Country-specific variables	Name of drink in German	English rendition of drink	Type of drink	Quantity (mls)	Average grams of alcohol (0.8*ml*%vol)	Average grams of alcohol (0.8*F*G)
E7_1DE / E8_1DE	Großes Glas Bier (0,4l)	Large beer	Beer	400	4,8%	15,4
E7_2DE / E8_2DE	Kleines Glas Bier (0,25l)	Small beer	Beer	250	4,8%	9,6
E7_3DE / E8_3DE	Flasche oder Dose Bier (0,33l)	Bottle/can of beer	Beer	330	4,8%	12,7
E7_4DE / E8_4DE	Biermischung mit Cola/Limonade (0,33l)	Beer mix with coke/soda	Beer	330	2,5%	6,6
E7_5DE / E8_5DE	Großes Glas Wein (0,2l)	Large glass of wine	Wine	200	11,0%	17,6
E7_6DE / E8_6DE	Kleines Glas Wein oder Glas Sekt (0,125l)	Small glass of wine or sparkling	Wine	125	11,0%	11,0
E7_7DE / E8_7DE	Flasche Wein (0,75l)	Bottle of wine	Wine	750	11,0%	66,0
E7_8DE / E8_8DE	Glas Likör (0,04l)	Glass of liqueur	Spirit	40	30,0%	9,6
E7_9DE / E8_9DE	Glas Spirituosen (0,02l)	Glass of spirits	Spirit	20	35,0%	5,6
E7_10DE / E8_10DE	Cocktail oder Longdrink	Cocktail or Longdrink	Spirit	40	35,0%	11,2
E7_13DE / E8_13DE	*(Halbe Flasche Spirituosen (17 Schnapsgläser))*	*(Half bottle of spirits (17 single shots))*	*Spirit*	*350*	*35,0%*	*98,0*
E7_14DE / E8_14DE	*(Großes Flasche Bier (0,5l))*	*(Large bottle of beer)*	*Beer*	*500*	*4,8%*	*19,2*

Harmonization System in the ESS (II/II)

After fieldwork, participants' responses about the number of alcoholic beverages were converted to the total amount of alcohol in grams.

$$\sum_{k \in \{🗑, \ldots, 🍸\}} n_k * \overset{gr}{⚖}_k = n_{🗑} * \overset{gr}{⚖}_{🗑} + \cdots + n_{🍸} * \overset{gr}{⚖}_{🍸}$$

n = number of alcoholic beverages

k = type of alcoholic beverage

For more information, click here.

Show Cards Alcohol Consumption (I/II)

Source Questionnaire

Please think about the last time you were drinking alcohol on a Monday, a Tuesday, a Wednesday or a Thursday.

How many of each of the following drinks did you have on that day?

Use this card to guide your answer. Any other drinks?

Show Cards Alcohol Consumption (II/II)

Germany

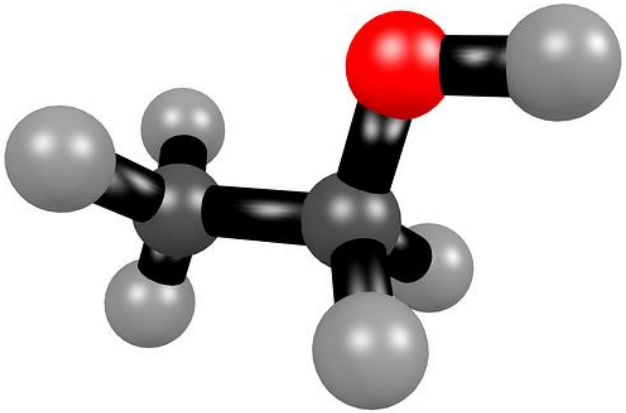
 Großes Glas Bier (0,4l)	 Kleines Glas Bier (0,25l)
 Flasche oder Dose Bier (0,33l)	 Biermischung mit Cola/Limonade (0,33l)
 Großes Glas Wein (0,2l)	 Kleines Glas Wein oder Glas Sekt (0,125l)
 Flasche Wein (0,75l)	 Glas Likör (0,04l)
 Glas Spirituosen (0,02l)	 Cocktail oder Longdrink

Spain

 Clara de cervesa (200 ml.)	 Tinto de verano o sangria
 o  Canya petita o quinto (200 ml.)	 o  o  Canya gran, llauna o mitjana (330 ml.)
 o  Copa de vi o cava	 o  Aperitiu: mançanilla, xerès, o vermut
 Ampolla de vi (750 ml)	 Xibeca (litrona) o “mini” (1 llitre de cervesa)
 o  Xarrup (Txupito) de licor	 o  Còctel: mojito, caipirinha, etc.
 o  Licor fort: whisky, orujo, ginebra, conyac, etc.	 o  Combinat: gintonic, vodka amb refresc, “cubata”.

Definition of Binge Drinking

Measurement of **binge drinking** according to the National Institute on Alcohol Abuse and Alcoholism in the United States



= a pattern of drinking that brings a person's blood alcohol concentration to 0.08 gr % or above

Show Cards Binge Drinking (I/IV)

Source Questionnaire

This card shows six different examples of how much alcohol a person might drink on a single occasion.

In the last 12 months, how often have you drunk this amount of alcohol or more on a single occasion?

Was it...
- daily or almost daily,
- weekly,
- monthly,
- less than monthly,
- or never?

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Show Cards Binge Drinking (II/IV)

Men (Source)

EXAMPLE 1

4 PINTS OF BEER

EXAMPLE 2

4 SMALL GLASSES OF WINE

EXAMPLE 3

2 PINTS OF BEER
& 2 SMALL GLASSES OF WINE

EXAMPLE 4

1 DOUBLE MEASURE OF SPIRITS
& 2 LARGE GLASSES OF WINE

EXAMPLE 5

3 SMALL GLASSES OF WINE
& 3 SINGLE SHOTS

EXAMPLE 6

2 ALCOPOPS, A PINT OF BEER,
& 3 SINGLE SHOTS

Women (Source)

EXAMPLE 1

3 PINTS OF BEER

EXAMPLE 2

2 LARGE GLASSES OF WINE

EXAMPLE 3

2 GLASSES OF SPARKLING
WINE & A COCKTAIL

EXAMPLE 4

2 DOUBLE MEASURE OF SPIRITS
& 1 SMALL GLASS OF WINE

EXAMPLE 5

3 SINGLE MEASURE OF SPIRITS
& 3 SINGLE SHOTS

EXAMPLE 6

2 ALCOPOPS
& 3 SINGLE SHOTS

Show Cards Binge Drinking (III/IV)

Men (Germany)

Beispiel 1  3 große Gläser Bier, 2 kleine Gläser Bier	Beispiel 2  3 große Gläser Wein, 1 kleines Glas Wein
Beispiel 3  4 Cocktails/Longdrinks, 1 Glas Likör, 2 Gläser Spirituosen	Beispiel 4  3 große Gläser Bier, 3 Gläser Spirituosen
Beispiel 5  2 große Gläser Wein, 2 Cocktails/Longdrinks, 1 Glas Spirituosen	Beispiel 6  2 Flaschen Bier, 2 Cocktails/Longdrinks, 3 Gläser Spirituosen

Women (Germany)

Beispiel 1  3 große Gläser Bier	Beispiel 2  2 große Gläser Wein, 1 kleines Glas Wein
Beispiel 3  3 Cocktails/Longdrinks, 1 Glas Likör, 1 Glas Spirituosen	Beispiel 4  2 Flaschen Bier, 2 Cocktails/Longdrinks
Beispiel 5  1 Glas Sekt, 2 kleine Gläser Wein, 1 Glas Likör, 1 Glas Spirituosen	Beispiel 6  2 Flaschen Bier, 1 Cocktail/Longdrink, 2 Gläser Spirituosen

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Show Cards Binge Drinking (IV/IV)

Men (Spain)

Exemple 1

5 mitjanes

Exemple 2

5 copes de vi

Exemple 3

1 canya, 2 mitjanes i 2 copes de vi

Exemple 4

3 canyes i 2 combinats

Exemple 5

2 canyes, 2 txupitos, 1 còctel
i 1 combinat

Exemple 6

1 mitjana, 1 copa de vi,
1 combinat i 1 copa de licor fort

Women (Spain)

Exemple 1

1 canya i 3 mitjanes

Exemple 2

4 copes de vi

Exemple 3

1 canya, 1 mitjana
i 2 copes de vi

Exemple 4

1 canya i 2 combinats

Exemple 5

1 canya, 1 txupito i 2 còctels

Exemple 6

2 canyes, 1 copa de vi
i 1 combinat

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Related Studies, Links, and Media

Daviet et al. (2022)

nature COMMUNICATIONS

ARTICLE

https://doi.org/10.1038/s41467-022-28735-5 OPEN

Associations between alcohol consumption and gray and white matter volumes in the UK Biobank

Remi Daviet[1✉], Gökhan Aydogan[2], Kanchana Jagannathan[3], Nathaniel Spilka[3], Philipp D. Koellinger[4,5], Henry R. Kranzler[3,6], Gideon Nave[7✉] & Reagan R. Wetherill[3✉]

Heavy alcohol consumption has been associated with brain atrophy, neuronal loss, and poorer white matter fiber integrity. However, there is conflicting evidence on whether light-to-moderate alcohol consumption shows similar negative associations with brain structure. To address this, we examine the associations between alcohol intake and brain structure using multimodal imaging data from 36,678 generally healthy middle-aged and older adults from the UK Biobank, controlling for numerous potential confounds. Consistent with prior literature, we find negative associations between alcohol intake and brain macrostructure and microstructure. Specifically, alcohol intake is negatively associated with global brain volume measures, regional gray matter volumes, and white matter microstructure. Here, we show that the negative associations between alcohol intake and brain macrostructure and micro-structure are already apparent in individuals consuming an average of only one to two daily alcohol units, and become stronger as alcohol intake increases.

https://doi.org/10.1038/s41467-022-28735-5

Eikemo et al. (2017)

European Sociological Review Advance Access published May 16, 2016
European Sociological Review, 2016, 1–17
doi: 10.1093/esr/jcw019
Original Article
OXFORD

The First Pan-European Sociological Health Inequalities Survey of the General Population: The European Social Survey Rotating Module on the Social Determinants of Health

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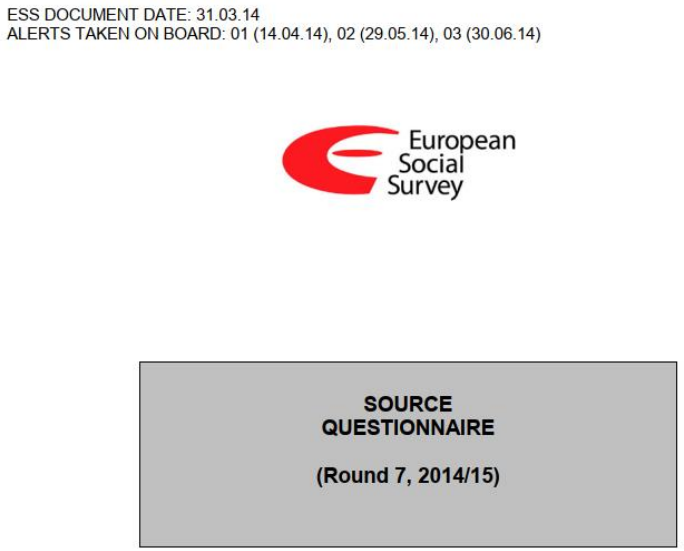
Abstract

The European Social Survey (ESS) is a biennial, academically driven, cross-sectional, pan-European social survey that charts and explains the interactions between Europe's changing institutions and the attitudes, beliefs, and behaviour patterns of its diverse populations. As part of the seventh round of the ESS, we successfully developed a rotating module that provides a comprehensive and comparative pan-European data set on the social determinants of health and health inequalities. In this article, we present the rationale for the module, the health outcomes, and social determinants that were included, and some of the opportunities that the module provide for advancing research into explaining the distribution and aetiology of social inequalities in health in Europe. Thus far, no health survey has had sufficient data on the stratification system of societies, including rich data on living conditions, and there is no sociological survey with sufficient variety of lifestyle factors and health outcomes. By including unhealthy lifestyle behaviours, childhood conditions, housing conditions, working conditions, and variables describing access to healthcare, together with an extensive set of mental and physical health outcomes, the ESS has strengthened its position tremendously as a data source for sociologists wanting to perform European cross-national analyses of health inequalities.

https://doi.org/10.1093/esr/jcw019

ESS Round 7 – Source Questionnaire



ESS DOCUMENT DATE: 31.03.14
ALERTS TAKEN ON BOARD: 01 (14.04.14), 02 (29.05.14), 03 (30.06.14)

European Social Survey

SOURCE QUESTIONNAIRE

(Round 7, 2014/15)

This document was written for the European Social Survey (ESS). The Core Scientific Team of the ESS requests that you use the following form of words to cite this document:

European Social Survey, (2014). *ESS Round 7 Source Questionnaire*. London: ESS ERIC Headquarters, Centre for Comparative Social Surveys, City University London.

https://www.europeansocialsurvey.org/docs/round7/fieldwork/source/ESS7_source_main_questionnaire.pdf

ESS Round 7 – Questionnaire DE

European Social Survey

Gesellschaft und Demokratie in Europa
Deutsche Teilstudie im Projekt
„European Social Survey“ (Welle 7)

2014

IDNO: Int: Bitte laufende Nummer vom Adressblatt eintragen.

INTNUM: Int: Interviewernummer eintragen.

Intdat: Int: Bitte geben Sie das aktuelle Datum ein:
Tag _ _ Monat _ _ Jahr _ _ _ _

Time1: Int: Bitte notieren Sie nun die Uhrzeit. Stunde _ _ Minute _ _

Interviewstart: Darf ich nun mit der Befragung beginnen?
1: ja *(weiter mit A1)*
2: nein *(weiter mit ENDE)*

Stand: 14.8.2014

http://www.europeansocialsurvey.org/docs/round7/fieldwork/germany/ESS7_main_and_supplementary_questionnaire_DE.pdf

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Survey Design

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Dr. Diana Zavala Rojas

is a member of the Core Scientific Team of the European Social Survey. She is specialized in multinational, multiregional, and multilingual comparative social research.

Click here for a list of interesting publications by Diana Zavala Rojas.

References and Sources

References

- Daviet, R., Aydogan, G., Jagannathan, K., Spilka, N., Koellinger, P. D., Kranzler, H. R., Nave, G., & Wetherill, R. R. (2022). Associations between alcohol consumption and gray and white matter volumes in the UK Biobank. *Nature Communications,* 13, 1175, 1-11. https://doi.org/10.1038/s41467-022-28735-5
- Eikemo, T. A., Bambra, C., Huijts, T., Fitzgerald, R. (2017). The First Pan-European Sociological Health Inequalities Survey of the General Population: The European Social Survey Rotating Module on the Social Determinants of Health. *European Sociological Review*, 33 (1): 137–153. https://doi.org/10.1093/esr/jcw019
- Kaminska, O. (2020). *Guide to Using Weights and Sample Design Indicators with ESS Data*. Version 1.1. London: City University.

Check out the ESS website for tons of interesting documents!

Image Sources

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Enjoy (social) data(ing)!

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