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S1 Survey: Alcohol care services: Pre-workshop exercise

What priorities do you have for research?

What would you like to see alcohol care services research address? A team of researchers at the University of Nottingham are looking into early diagnosis of liver disease in alcohol treatment and behaviour change programmes. Part of this work includes identifying priorities for research.

About the workshop

On the 13th of December, the team are hosting a priority-setting workshop. A group of around 20 people living with alcohol-related conditions and professionals who work in this area have been invited to participate in this workshop. The workshop aims to collectively set priorities for research in this area. The outcome of the workshop will be a list of the '**Top 10**' research priorities, which will be disseminated to funders and researchers who work in the area.

About this exercise

This pre-workshop exercise will be the starting point for setting priorities for research. We would like you to think about your experience of alcohol-related conditions, and what you think research has not adequately covered to date. You can think about your answers as **questions unanswered** by research or as **evidence uncertainties**. Responses to this exercise will be sorted and categorized into summary questions which will then be taken to the workshop for shortlisting.

Why this is important

Excessive alcohol consumption is a major cause of liver disease, and a quarter of the UK population drinks more than the recommended amount, with 10% experiencing harmful drinking. The mortality rate in the UK from liver disease has surged by 400% in the past 30 years. In 2020, Dame Carol Black's review stressed unmet needs and the necessity for a stronger emphasis on the prevention of alcohol-related issues. Alcohol-related liver disease (ARLD) often goes unnoticed, and more than half of patients are diagnosed during emergency hospital admissions, limiting the effectiveness of medical and behavioural interventions. Despite evidence-based interventions being implemented for over two decades, alcohol-related mortality and health issues continue to rise in the UK.

Please answer these questions from your own personal and/or professional experience, using the prompts in each question to direct your answers. You do not have to answer all the questions and please write as much or as little as you like. If you're struggling to think of responses, we don't want to miss out on your ideas so just write down what you are thinking or are unsure about, and we can take it from there. All answers will be treated anonymously.

What research priorities do you have for managing and coping with perceptions of alcohol dependency?

What research priorities do you have for behaviour change support? E.g. 12-step programme, counselling, Cognitive-Behavioural Therapy (CBT), support groups, family therapy, and other advice and support.

What research priorities do you have for the clinical management of reducing alcohol dependency or harmful alcohol intake? E.g. managing detox, withdrawal symptoms, and medication use to help reduce cravings and alcohol dependency.

What research priorities do you have for the prevention, diagnosis, and/or treatment of alcohol-related liver disease?

What research priorities do you have for addressing equality and diversity in any of these areas?

What other research priorities do you have for addressing alcohol-related liver disease and harmful alcohol drinking?

S1 Table: Research priorities for alcohol care services

- 1 How can we best raise awareness amongst people about getting involved in research? How do we best recruit participants in research studies, so they accurately reflect the target population of the research?
- 2 What is the best way to engage people from minority ethnic groups or other under-represented groups in research about alcohol addiction?
- 3 What stigma and distrust are there across support and treatment services, and how can we tackle this?
- 4 What is the best way to involve people with lived experience of alcohol use disorder in care pathways, treatment, and support?
- 5 What is the best way to tackle the stigma around alcohol use disorder?
- 6 What is the best way to support people with alcohol-related difficulties, and what information and awareness would be helpful to them?
- 7 Is it beneficial to have more education about alcohol awareness in schools, wider community settings and for all frontline healthcare workers?
- 8 What are the social, cultural, economic, and environmental factors contributing to drinking behaviour, alcohol use and addiction, and how might an understanding of these help in service delivery?
- 9 What is the best way to provide peer support for people with alcohol-related difficulties?
- 10 What are the best ways of identifying alcohol-related liver disease, and how can early detection improve signposting to support and treatment services?
- 11 What are the barriers and facilitators to people experiencing harmful alcohol intake attending and engaging with treatment services?
- 12 What are the mental health/psychological factors contributing to drinking behaviour, alcohol use and addiction? What role do these factors play and how do they link with each other?
- 13 What are the most effective ways to provide mental health/psychological support for those living with alcohol use disorder?
- 14 How can joined-up treatment and care be planned effectively for people experiencing alcohol use disorder, especially where liver disease is present?
- 15 How effective are current care pathways for experiencing alcohol use disorder, and how well are these pathways and services understood, navigated, and accessed by those needing support?
- 16 How can healthcare professionals' understanding of community services be improved for a joined-up approach to supporting people experiencing alcohol use disorder?
- 17 What are the most effective medications for people living with alcohol use disorder, and where are the best settings (at home, in the community, or in the hospital) to deliver these interventions?
- 18 What are the barriers and facilitators to offering medication to people experiencing alcohol dependency who have different needs and backgrounds?
- 19 How can community detox be most effectively managed, and how can its uptake be supported?
- 20 How do hormones, menopause, and ageing affect people living with alcohol-related difficulties? Do they impact recovery and what support do they need?
- 21 How can we best ensure that alcohol care services are accessible to all people with alcohol-related difficulties, including those who are 'high functioning' or come from groups not stereotypically associated with alcohol dependency?
- 22 What are the best interventions for people with a combination of metabolic (e.g. obesity, diabetes) and alcohol risk factors for liver disease?