

Asking Questions about Alcohol in pregnancy study (AQUA): Prenatal alcohol consumption assessment

ALCOHOL CONSUMPTION QUESTIONS

Using the code(s) provided in the Drinks Guide ([for drinks guide see page 3](#)), please complete the table below, including:

- what type of drink(s) you usually drank in this period ([for time points see page 2](#)),
- how often you usually drank this type of alcohol (for each), and
- how many of these would you usually drink on each occasion (for each type of drink).

	Code for drink type	Frequency	Number per occasion
1.		<input type="checkbox"/> less than once a month <input type="checkbox"/> 1 to 2 days per month <input type="checkbox"/> 1 to 2 days per week <input type="checkbox"/> 3 to 4 days per week <input type="checkbox"/> 5 or more days per week	<input type="checkbox"/> less than 1 drink <input type="checkbox"/> 1 to 2 drinks <input type="checkbox"/> 3 to 4 drinks <input type="checkbox"/> 5 to 6 drinks <input type="checkbox"/> 7 or more drinks
2.		<input type="checkbox"/> less than once a month <input type="checkbox"/> 1 to 2 days per month <input type="checkbox"/> 1 to 2 days per week <input type="checkbox"/> 3 to 4 days per week <input type="checkbox"/> 5 or more days per week	<input type="checkbox"/> less than 1 drink <input type="checkbox"/> 1 to 2 drinks <input type="checkbox"/> 3 to 4 drinks <input type="checkbox"/> 5 to 6 drinks <input type="checkbox"/> 7 or more drinks
3.		<input type="checkbox"/> less than once a month <input type="checkbox"/> 1 to 2 days per month <input type="checkbox"/> 1 to 2 days per week <input type="checkbox"/> 3 to 4 days per week <input type="checkbox"/> 5 or more days per week	<input type="checkbox"/> less than 1 drink <input type="checkbox"/> 1 to 2 drinks <input type="checkbox"/> 3 to 4 drinks <input type="checkbox"/> 5 to 6 drinks <input type="checkbox"/> 7 or more drinks
4.		<input type="checkbox"/> less than once a month <input type="checkbox"/> 1 to 2 days per month <input type="checkbox"/> 1 to 2 days per week <input type="checkbox"/> 3 to 4 days per week <input type="checkbox"/> 5 or more days per week	<input type="checkbox"/> less than 1 drink <input type="checkbox"/> 1 to 2 drinks <input type="checkbox"/> 3 to 4 drinks <input type="checkbox"/> 5 to 6 drinks <input type="checkbox"/> 7 or more drinks
5.		<input type="checkbox"/> less than once a month <input type="checkbox"/> 1 to 2 days per month <input type="checkbox"/> 1 to 2 days per week <input type="checkbox"/> 3 to 4 days per week <input type="checkbox"/> 5 or more days per week	<input type="checkbox"/> less than 1 drink <input type="checkbox"/> 1 to 2 drinks <input type="checkbox"/> 3 to 4 drinks <input type="checkbox"/> 5 to 6 drinks <input type="checkbox"/> 7 or more drinks

Did you ever drink more than you would normally have done (as you described above), for example on special occasions or during difficult times?

- no
 yes

Approximately, how many times did this occur during this period? (please provide number of occasions)

occasions

Using the code(s) provided in the Drinks Guide, please complete the table below to show;

a) what type of drink(s) you usually drank on these special occasions or during difficult times, and

b) how many of these would you usually drink on each occasion (for each type of drink)

	Code for drink type	Number per occasion
1.		<input type="checkbox"/> less than 1 drink <input type="checkbox"/> 1 to 2 drinks <input type="checkbox"/> 3 to 4 drinks <input type="checkbox"/> 5 to 6 drinks <input type="checkbox"/> 7 or more drinks
2.		<input type="checkbox"/> less than 1 drink <input type="checkbox"/> 1 to 2 drinks <input type="checkbox"/> 3 to 4 drinks <input type="checkbox"/> 5 to 6 drinks <input type="checkbox"/> 7 or more drinks
3.		<input type="checkbox"/> less than 1 drink <input type="checkbox"/> 1 to 2 drinks <input type="checkbox"/> 3 to 4 drinks <input type="checkbox"/> 5 to 6 drinks <input type="checkbox"/> 7 or more drinks
4.		<input type="checkbox"/> less than 1 drink <input type="checkbox"/> 1 to 2 drinks <input type="checkbox"/> 3 to 4 drinks <input type="checkbox"/> 5 to 6 drinks <input type="checkbox"/> 7 or more drinks
5.		<input type="checkbox"/> less than 1 drink <input type="checkbox"/> 1 to 2 drinks <input type="checkbox"/> 3 to 4 drinks <input type="checkbox"/> 5 to 6 drinks <input type="checkbox"/> 7 or more drinks

If '7 or more', what was the maximum number? (please provide maximum number of drinks on one occasion)

drinks

TIME POINTS ADMINISTERED, INCLUDING PERICONCEPTION

These questions were administered at each trimester to collectively cover 5 time periods:

- 1) In the 3 months before you became pregnant
- 2) Since you became pregnant, but before you knew you were pregnant
- 3) Since you found out you were pregnant, to the end of your 13th week of pregnancy
- 4) Since your 14th week of pregnancy to the end of your 26th week of pregnancy
- 5) Since your 26th week of pregnancy (administered at around 35 weeks gestation)

DRINKS GUIDE

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Wine including fortified wines

Red wine 150ml	Red wine 100ml	Port, sherry 60ml	White wine 150ml	White wine 100ml	Champagne 150ml
W1	W2	W3	W4	W5	W6

Beer including cider

Pot 285ml				Schooner 425ml			
Full strength	Mid strength	Low strength	Cider	Full strength	Mid strength	Low strength	Cider
B1	B2	B3	C1	B4	B5	B6	C2
Pint 568ml							
Full strength	Mid strength	Low strength	Cider				
B7	B8	B9	C3				
Bottle 375ml				Can 375ml			
Full strength	Mid strength	Low strength	Cider	Full strength	Mid strength	Low strength	
B10	B11	B12	C4	B13	B14	B15	

Spirits including mixed drinks

Nip, shot 30ml	Alcoholic soda 275ml	Alcoholic soda 330ml	Alcoholic soda 660ml	Pre-mix spirits 250ml	Pre-mix spirits 300ml	Pre-mix spirits 375ml	Cocktail
S1	S2	S3	S4	S5	S6	S7	S8

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ALCOHOL CONTENT KEY TO AQUA STUDY DRINKS GUIDE

Drink type	Code	Volume ml	ABV ^a %	Std drinks ^b n	Total gAA ^c
Red wine, large glass	W1	150	13.5	1.5	15
Red wine, small glass	W2	100	13.5	1.0	10
Port, sherry, small glass	W3	60	17.5	0.9	9
White wine, large glass	W4	150	11.5	1.5	15
White wine, small glass	W5	100	11.5	1.0	10
Champagne, large glass	W6	150	12.0	1.5	15
Beer, full strength, pot	B1	285	4.8	1.1	11
Beer, mid strength, pot	B2	285	3.5	0.8	8
Beer, low strength, pot	B3	285	2.7	0.6	6
Cider, pot	C1	285	4.8	1.1	11
Beer, full strength, schooner	B4	425	4.8	1.6	16
Beer, mid strength, schooner	B5	425	3.5	1.2	12
Beer, low strength, schooner	B6	425	2.7	0.9	9
Cider, schooner	C2	425	4.8	1.6	16
Beer, full strength, pint	B7	568	4.8	2.1	21
Beer, mid strength, pint	B8	568	3.5	1.6	16
Beer, low strength, pint	B9	568	2.7	1.2	12
Cider, pint	C3	568	4.8	2.1	21
Beer, full strength, bottle	B10	375	4.8	1.4	14
Beer, mid strength, bottle	B11	375	3.5	1.0	10
Beer, low strength, bottle	B12	375	2.7	0.8	8
Cider, bottle	C4	375	4.8	1.4	14
Beer, full strength, can	B13	375	4.8	1.4	14
Beer, mid strength, can	B14	375	3.5	1.0	10
Beer, low strength, can	B14	375	2.7	0.8	8
Cider, can	C5	375	4.8	1.4	14
Spirits, nip/shot	S1	30	40	1.0	10
Alcoholic soda, small bottle	S2	275	5.0	1.1	11
Alcoholic soda, mid bottle	S3	330	5.0	1.2	12
Alcoholic soda, large bottle	S4	660	5.0	2.6	26
Pre-mix spirits, small can	S5	250	5.0	0.9	9
Pre-mix spirits, mid can	S6	300	5.0	1.1	11
Pre-mix spirits, large can	S7	375	5.0	1.4	14
Cocktail, glass	S8	n/a	n/a	2.5	25

^a ABV: Approximate alcohol content by volume, based on the standard drinks guide published by the Australian Government

^b STD drinks: based on the standard drinks guide published by the Australian Government.

^c gAA: total grams of absolute alcohol contained in one drink. One standard drink in Australia is equal to 10 gAA.

(<https://www.health.gov.au/health-topics/alcohol/about-alcohol/standard-drinks-guide>)