



One in five young professionals considers themselves to have a problem with alcohol, a new survey has found.

47% of young professionals said that they thought it was acceptable to regularly get drunk on a night out.

The survey, commissioned by Opinium Research, questioned 4,000 UK adults and revealed that 7% of them admitted to having a drinking problem.

35% of 18-24 year olds said they had got so drunk they could not remember most of their night out.

16% of 25-34 year olds that took part in the survey said they had woken up in a stranger's house after a night of drinking. 13% said they had a drinking problem and nearly half of them knew someone with an alcohol addiction.

23% of the 35-54 year olds questioned said they drink alone at home, with many saying they do it to relieve stress or to relax.

"Many of us enjoy a drink and in moderation it can be an important part of socialising and relaxation for many people" James Endersby, managing director of Opinium Research, told [The Telegraph](#)

"However it is clear that many, particularly the young and those in professional jobs, drink regularly and in excess; and as our study shows, often with dangerous repercussions that impacts their health, well-being, security and friendships in many cases"

The survey also revealed that people are putting themselves, and others, in danger when it comes to getting home from a night out.

200 of the participants admitted to driving themselves home whilst drunk, 360 participants said they had got into a car with someone they knew was intoxicated and 720 admitted that they had got so drunk that they could not even recall how they had got home.

"Problems with alcohol use can affect people of any age, from any background.

"As these statistics show, it's not just people who are addicted to alcohol who are damaging their health or risking their safety as a result of drinking." Alistair Bohm, head of communications at drug and alcohol treatment charity Addaction, told the Telegraph.

The survey also asked the participants their opinions on alcohol related matters such as the

damaging effect it has on one's health and the strain it puts on UK health resources.

23% said that they considered alcohol to be more harmful to their health than smoking.

53% believed that the NHS should not treat people who suffer from the side effects of alcohol abuse if they have been warned that it is damaging their health. And surprisingly only 54% said it was unacceptable to drink whilst pregnant.

75% of the participants said that they thought Britain had a heavy drinking culture.

"Guidelines say that the key is moderation; everyone should have the freedom to treat themselves to a drink but it is important that we don't ignore the health implications of having a good time." said Mr Endersby.

Source: [The Telegraph](#)