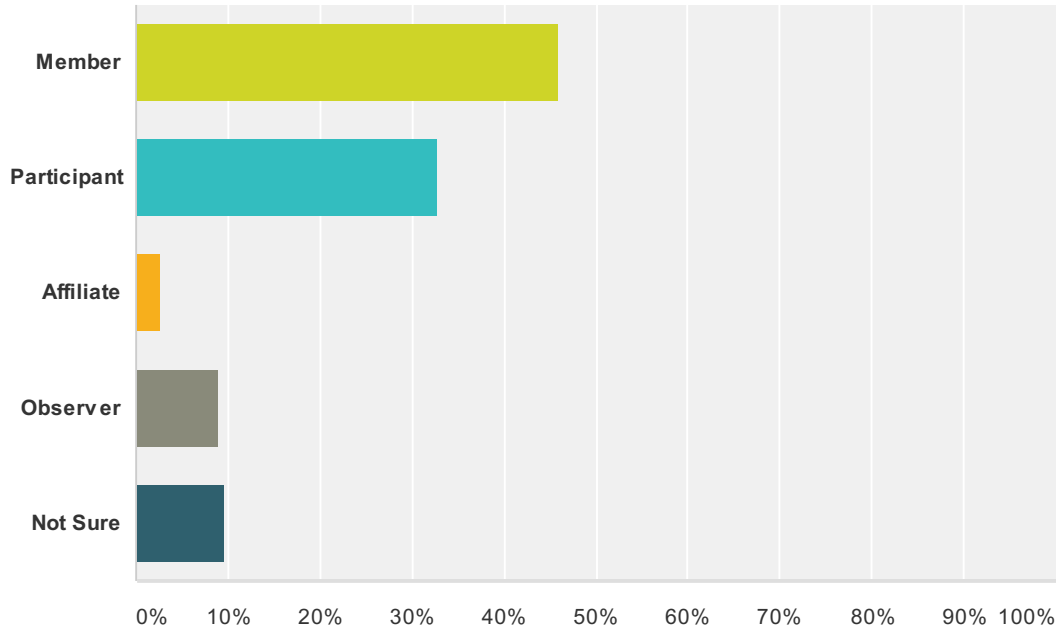


### Q1 Which of these words best describes your connection to LifeRing?

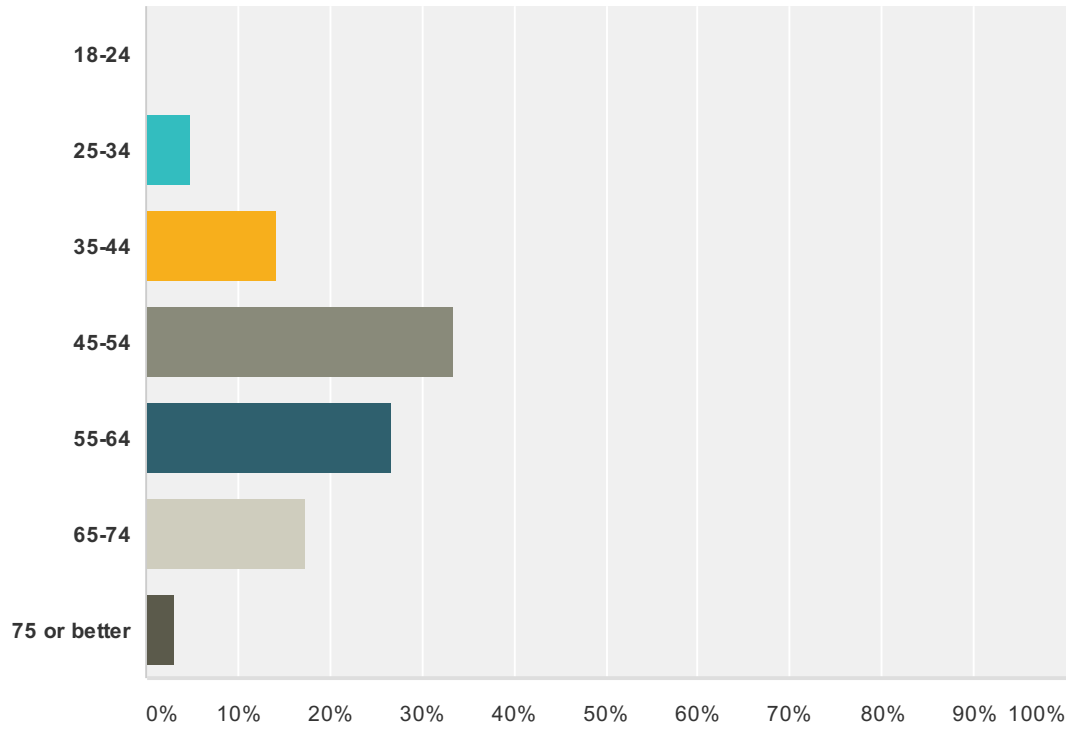
Answered: 378 Skipped: 2



Answer Choices	Responses
Member	46.03% 174
Participant	32.80% 124
Affiliate	2.65% 10
Observer	8.99% 34
Not Sure	9.52% 36
<b>Total</b>	<b>378</b>

### Q3 Please select your age group.

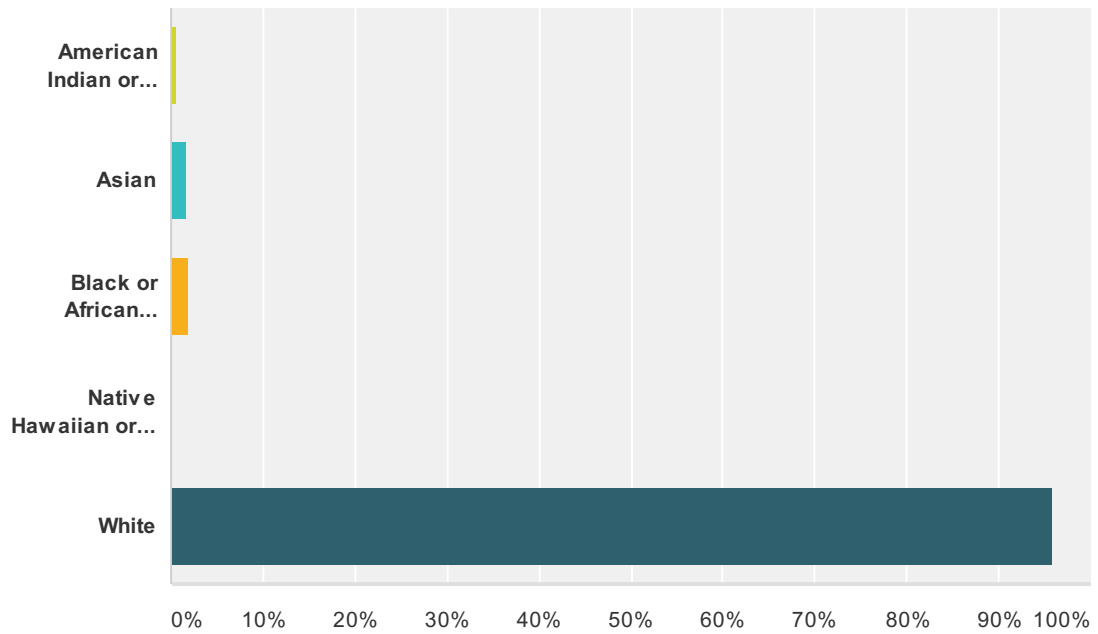
Answered: 374 Skipped: 6



Answer Choices	Responses	
18-24	0.27%	1
25-34	4.81%	18
35-44	14.17%	53
45-54	33.42%	125
55-64	26.74%	100
65-74	17.38%	65
75 or better	3.21%	12
<b>Total</b>		<b>374</b>

### Q4 How would you describe yourself?

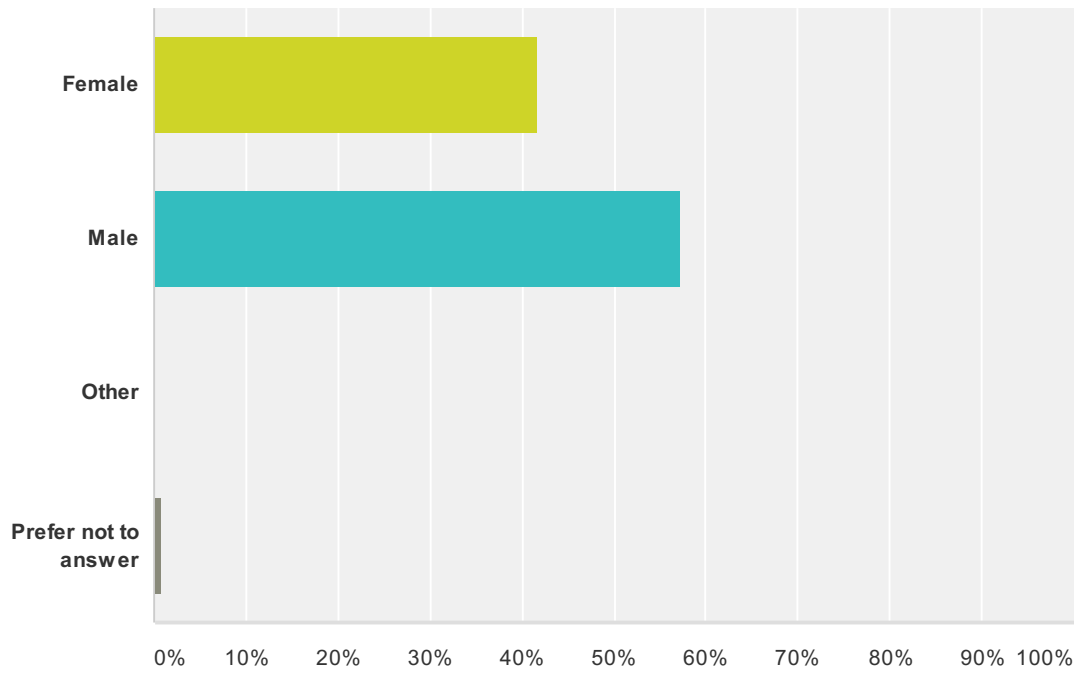
Answered: 365 Skipped: 15



Answer Choices	Responses	Count
American Indian or Alaska Native	0.55%	2
Asian	1.64%	6
Black or African American	1.92%	7
Native Hawaiian or Other Pacific Islander	0.00%	0
White	95.89%	350
<b>Total</b>		<b>365</b>

### Q5 What is your gender?

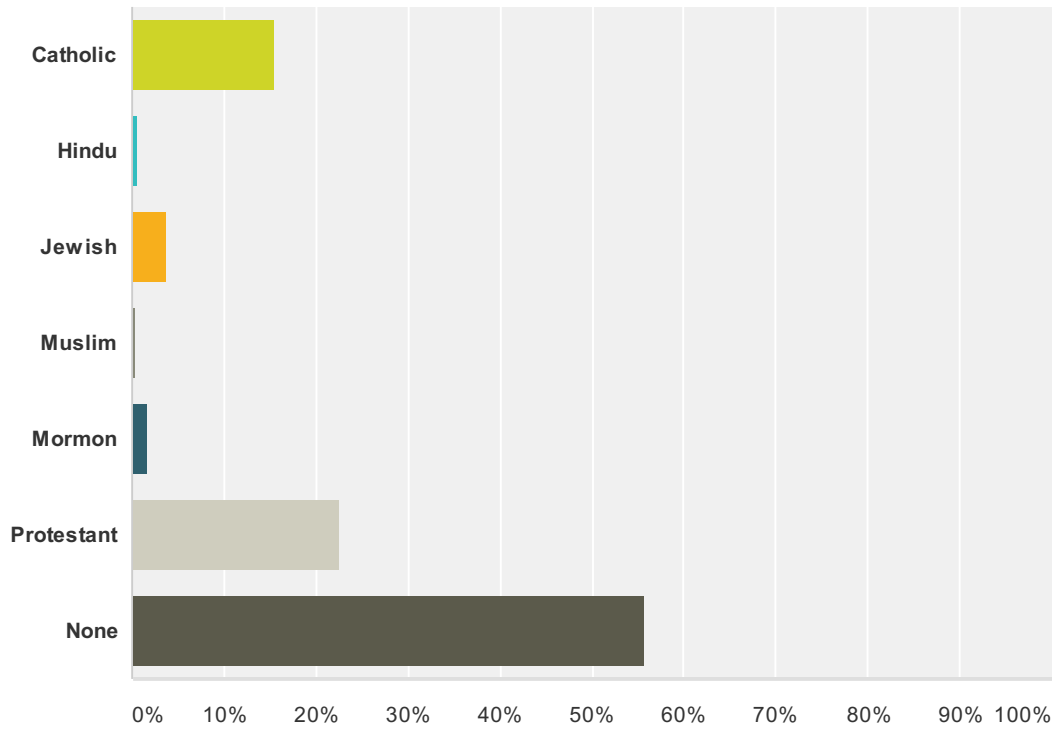
Answered: 376 Skipped: 4



Answer Choices	Responses
Female	41.76% 157
Male	57.18% 215
Other	0.27% 1
Prefer not to answer	0.80% 3
<b>Total</b>	<b>376</b>

### Q6 What best describes your religious/spiritual background?

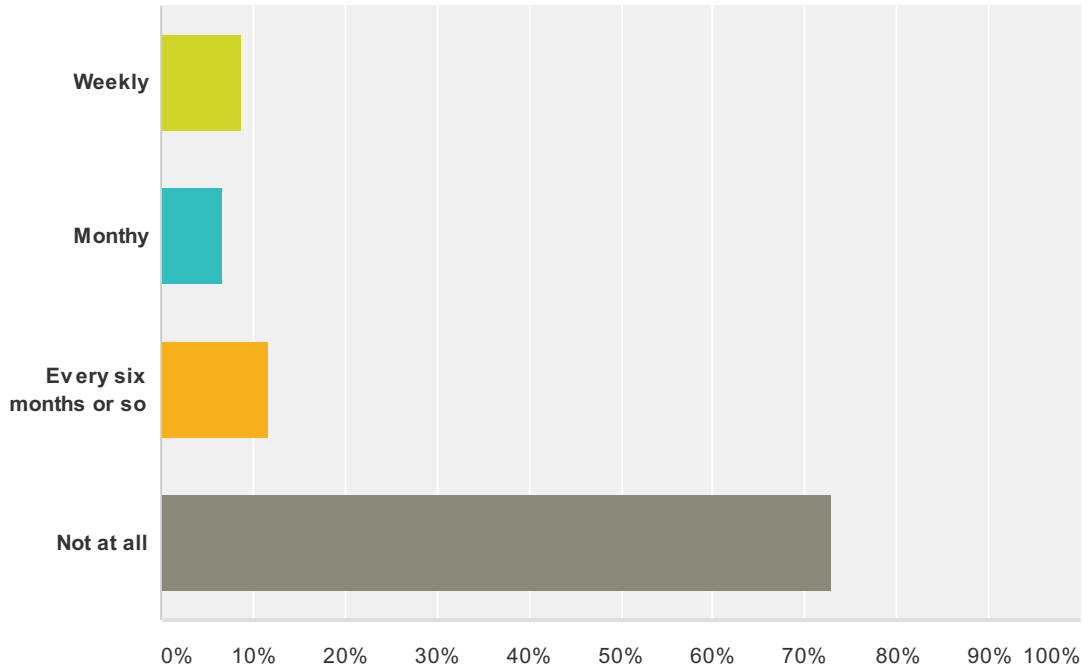
Answered: 298 Skipped: 82



Answer Choices	Responses	Count
Catholic	15.44%	46
Hindu	0.67%	2
Jewish	3.69%	11
Muslim	0.34%	1
Mormon	1.68%	5
Protestant	22.48%	67
None	55.70%	166
<b>Total</b>		<b>298</b>

**Q7 In the past year, on average, how often have you attended religious services in a church, synagogue, temple, etc.?**

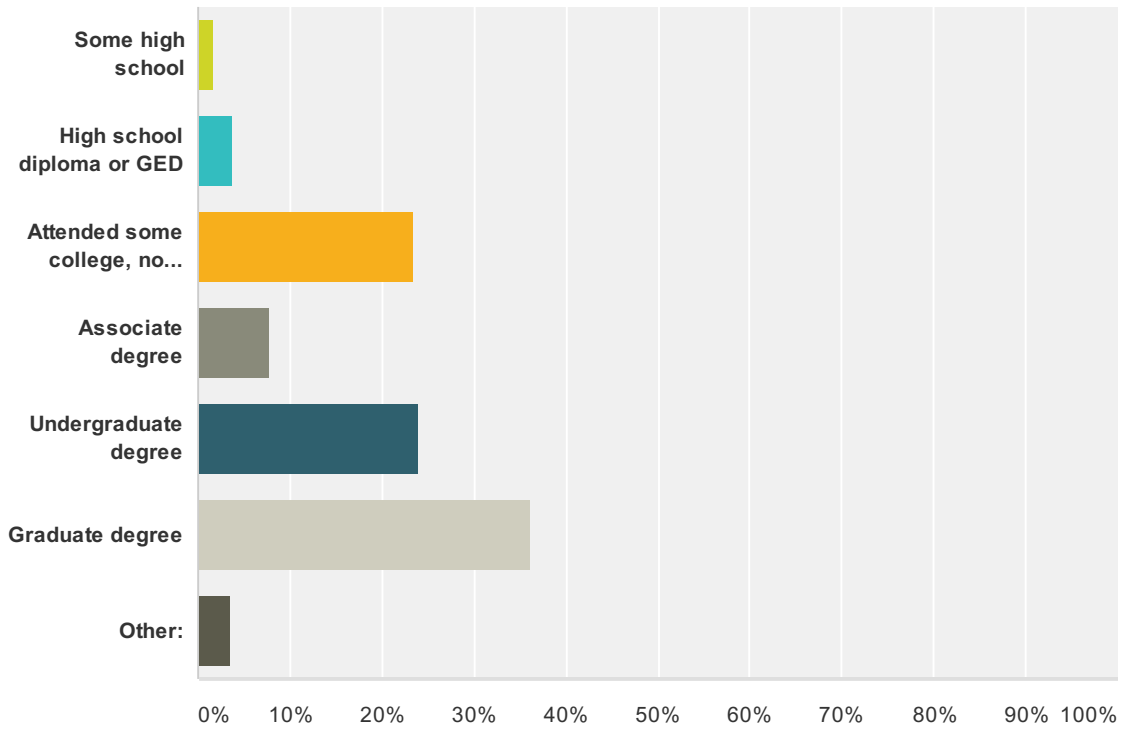
Answered: 376 Skipped: 4



Answer Choices	Responses	Count
Weekly	8.78%	33
Monthly	6.65%	25
Every six months or so	11.70%	44
Not at all	72.87%	274
<b>Total</b>		<b>376</b>

### Q8 What is the highest level of school or the highest degree you have received?

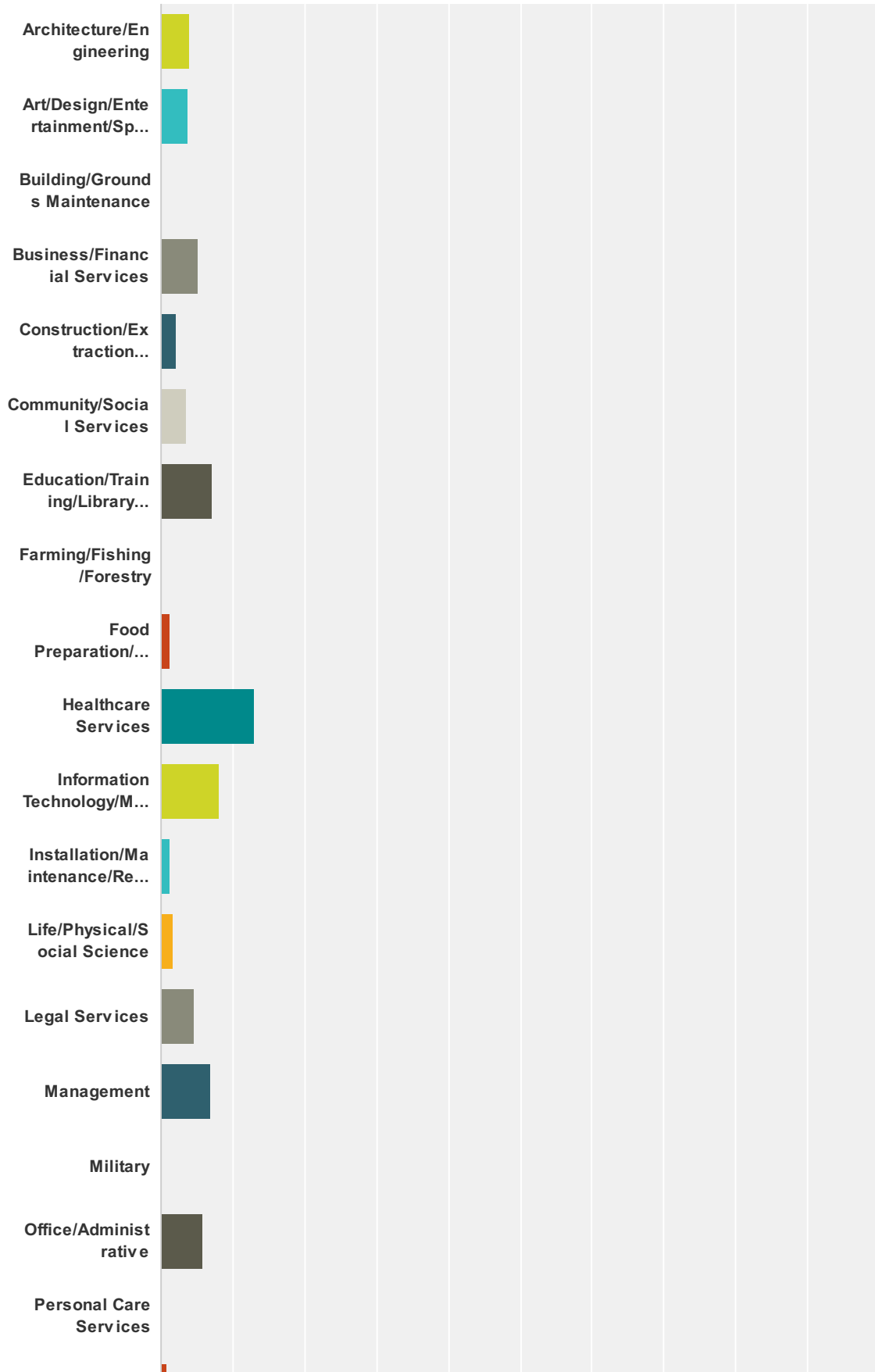
Answered: 376 Skipped: 4



Answer Choices	Responses
Some high school	1.60% 6
High school diploma or GED	3.72% 14
Attended some college, no degree	23.40% 88
Associate degree	7.71% 29
Undergraduate degree	23.94% 90
Graduate degree	36.17% 136
Other:	3.46% 13
<b>Total</b>	<b>376</b>

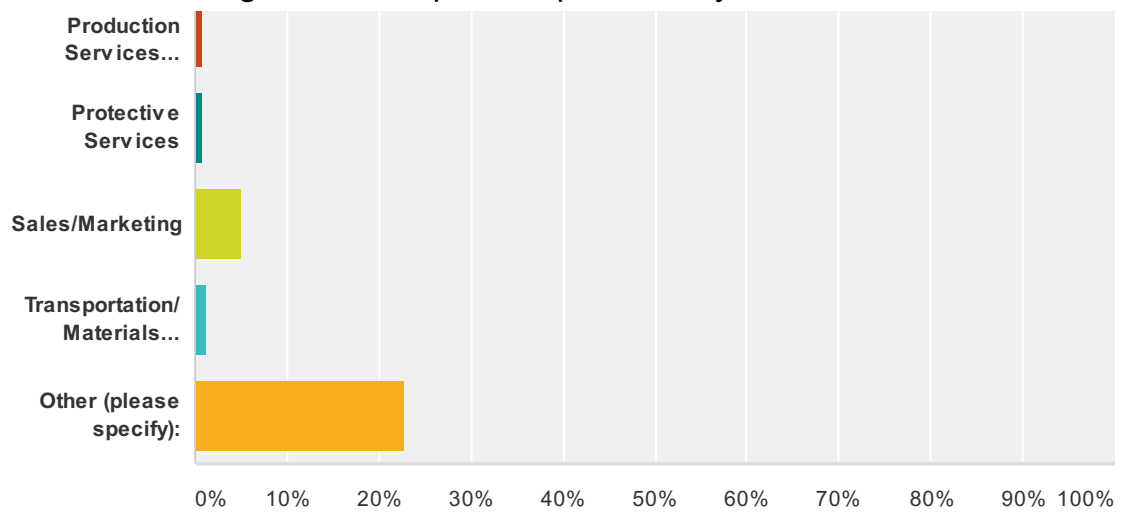
### Q9 What best describes your current (or most recent) occupation?

Answered: 377 Skipped: 3





## LifeRing Membership/Participant Survey: Summer 2013

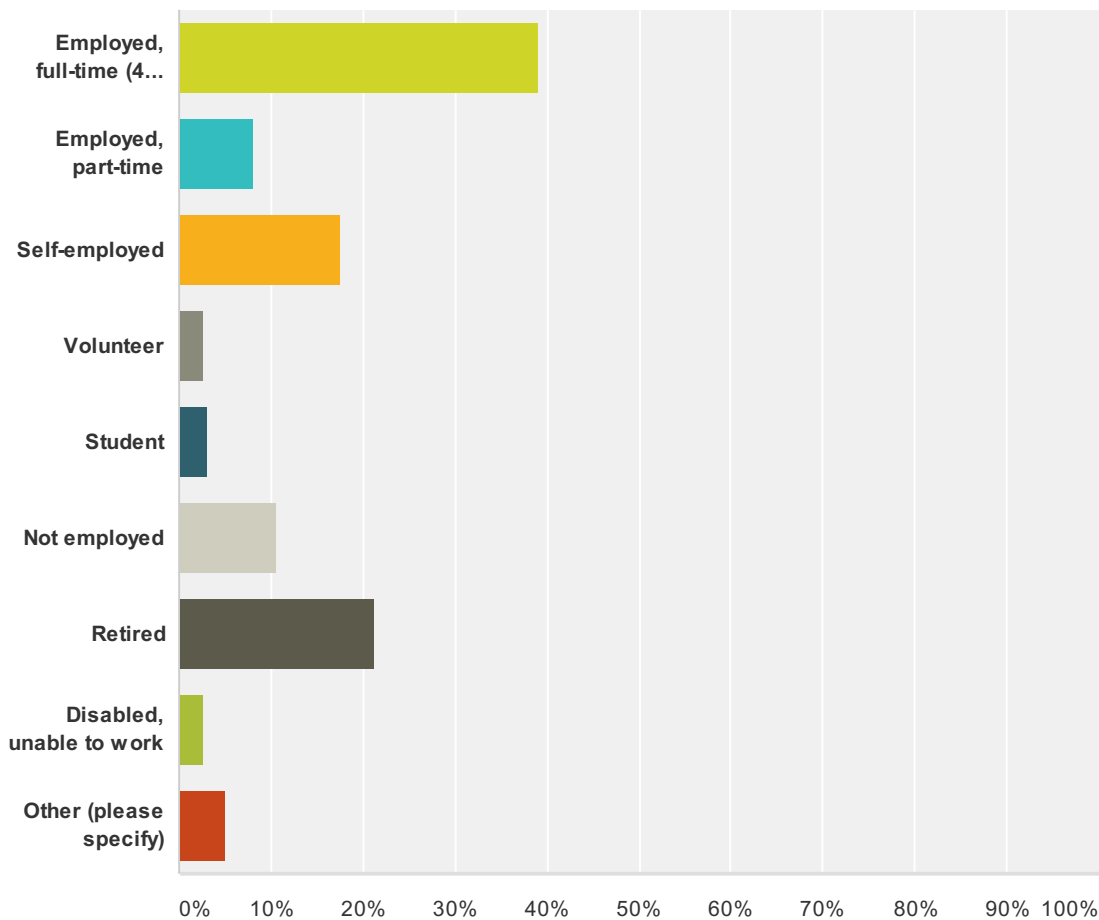


Answer Choices	Responses	
Architecture/Engineering	3.98%	15
Art/Design/Entertainment/Sports/Media	3.71%	14
Building/Grounds Maintenance	0.27%	1
Business/Financial Services	5.31%	20
Construction/Extraction Services	2.12%	8
Community/Social Services	3.45%	13
Education/Training/Library Services	7.16%	27
Farming/Fishing/Forestry	0.00%	0
Food Preparation/Serving	1.33%	5
Healthcare Services	13.00%	49
Information Technology/Mathematics	8.22%	31
Installation/Maintenance/Repair Services	1.33%	5
Life/Physical/Social Science	1.59%	6
Legal Services	4.51%	17
Management	6.90%	26
Military	0.27%	1
Office/Administrative	5.84%	22
Personal Care Services	0.27%	1
Production Services (assembly, fabrication, etc.)	0.80%	3
Protective Services	0.80%	3
Sales/Marketing	5.04%	19
Transportation/Materials Moving	1.33%	5
Other (please specify):	22.81%	86



### Q10 Which of the following categories best describes your current employment status? (check all that apply)

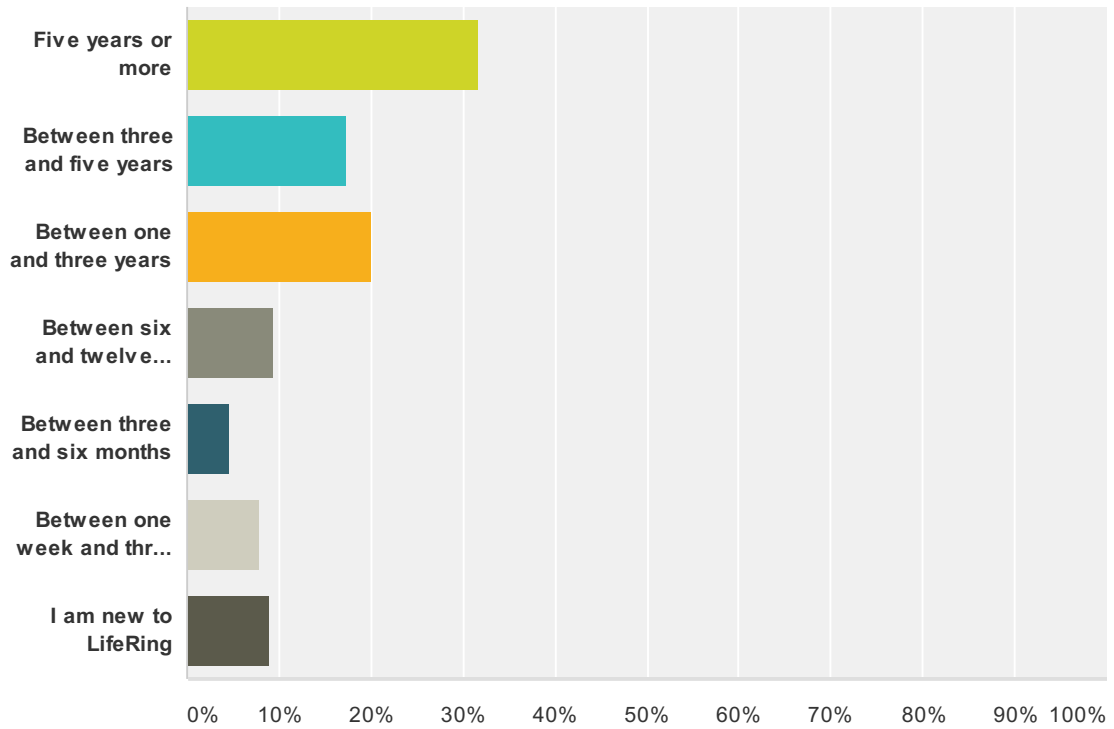
Answered: 377 Skipped: 3



Answer Choices	Responses
Employed, full-time (40+ hours/week)	38.99% 147
Employed, part-time	8.22% 31
Self-employed	17.51% 66
Volunteer	2.65% 10
Student	3.18% 12
Not employed	10.61% 40
Retired	21.22% 80
Disabled, unable to work	2.65% 10
Other (please specify)	5.04% 19
<b>Total Respondents: 377</b>	

### Q11 About how long have you been participating in LifeRing?

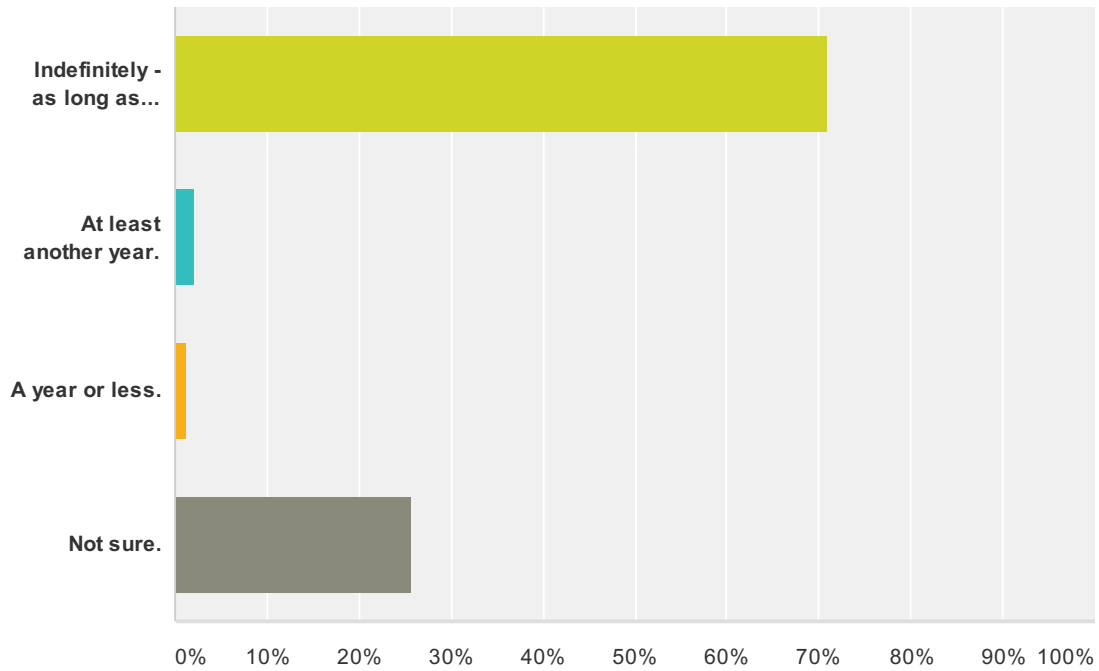
Answered: 369 Skipped: 11



Answer Choices	Responses
Five years or more	31.71% 117
Between three and five years	17.34% 64
Between one and three years	20.05% 74
Between six and twelve months	9.49% 35
Between three and six months	4.61% 17
Between one week and three months	7.86% 29
I am new to LifeRing	8.94% 33
<b>Total</b>	<b>369</b>

### Q12 At this time, how long do you anticipate you will participate in LifeRing?

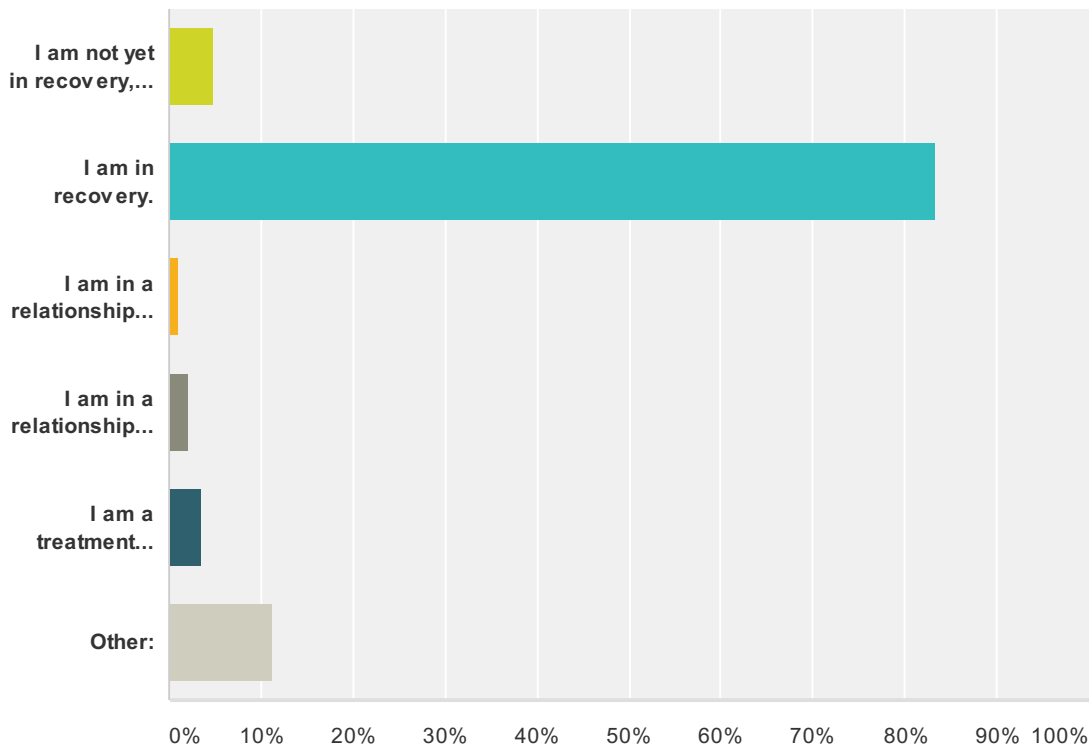
Answered: 371 Skipped: 9



Answer Choices	Responses	
Indefinitely - as long as participation in LifeRing supports my sobriety.	<b>70.89%</b>	263
At least another year.	<b>2.16%</b>	8
A year or less.	<b>1.35%</b>	5
Not sure.	<b>25.61%</b>	95
<b>Total</b>		<b>371</b>

### Q13 Which of the following best describes you? (check all that apply)

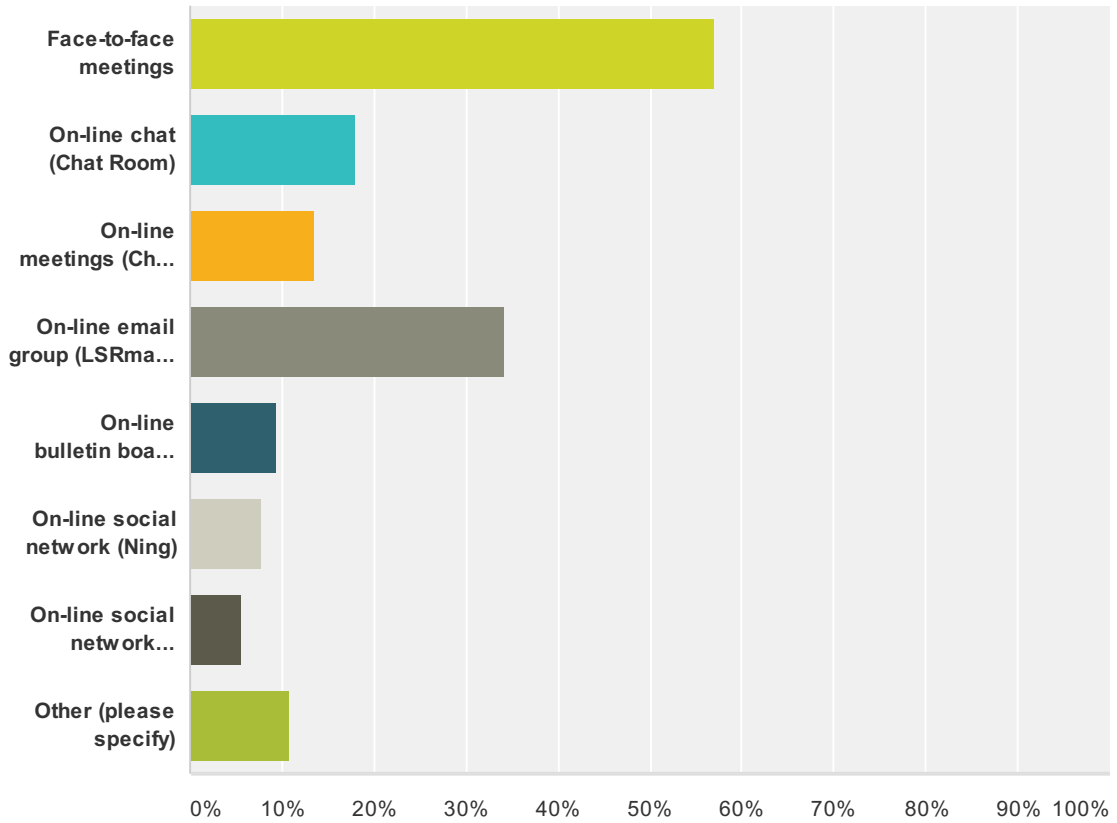
Answered: 370 Skipped: 10



Answer Choices	Responses	
I am not yet in recovery, but considering it.	4.86%	18
I am in recovery.	83.24%	308
I am in a relationship (family, friend, loved one) with someone who is considering recovery.	1.08%	4
I am in a relationship (family, friend, loved one) with someone who is in recovery.	2.16%	8
I am a treatment professional.	3.51%	13
Other:	11.35%	42
<b>Total Respondents: 370</b>		

### Q14 In which types of LifeRing groups do you currently participate? (check all that apply)

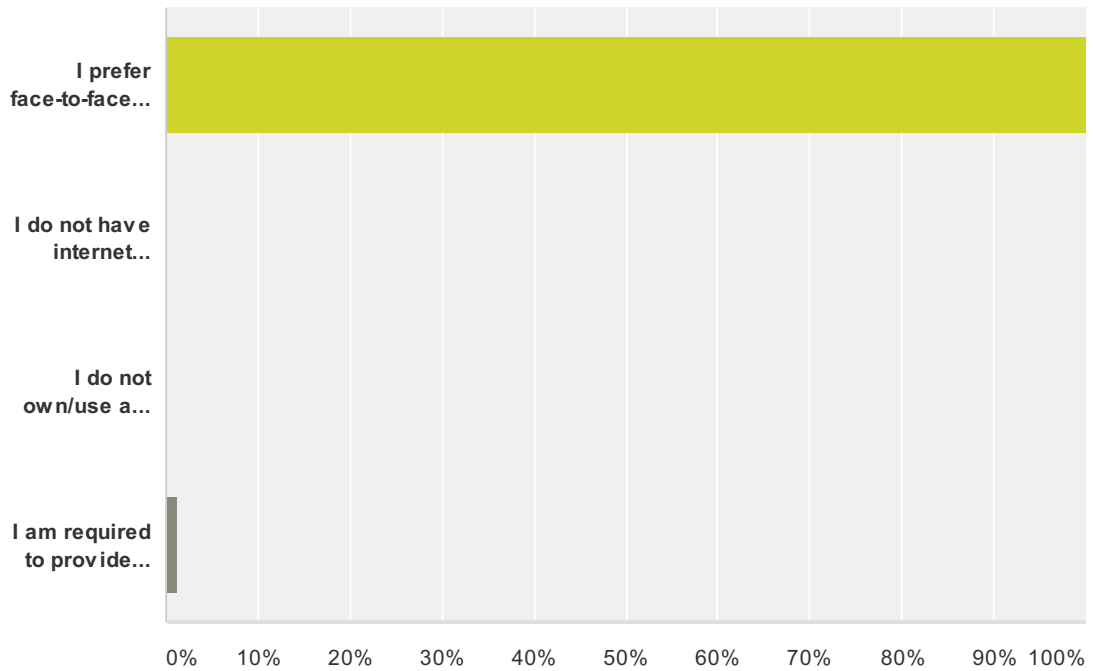
Answered: 360 Skipped: 20



Answer Choices	Responses
Face-to-face meetings	56.94% 205
On-line chat (Chat Room)	18.06% 65
On-line meetings (Chat Room)	13.61% 49
On-line email group (LSRmail, LSRsafe, etc.)	34.17% 123
On-line bulletin board (LifeRing Forum)	9.44% 34
On-line social network (Ning)	7.78% 28
On-line social network (Facebook)	5.56% 20
Other (please specify)	10.83% 39
<b>Total Respondents: 360</b>	

### Q15 If you participate in face-to-face LifeRing meetings, only, why? (check all that apply)

Answered: 157 Skipped: 223

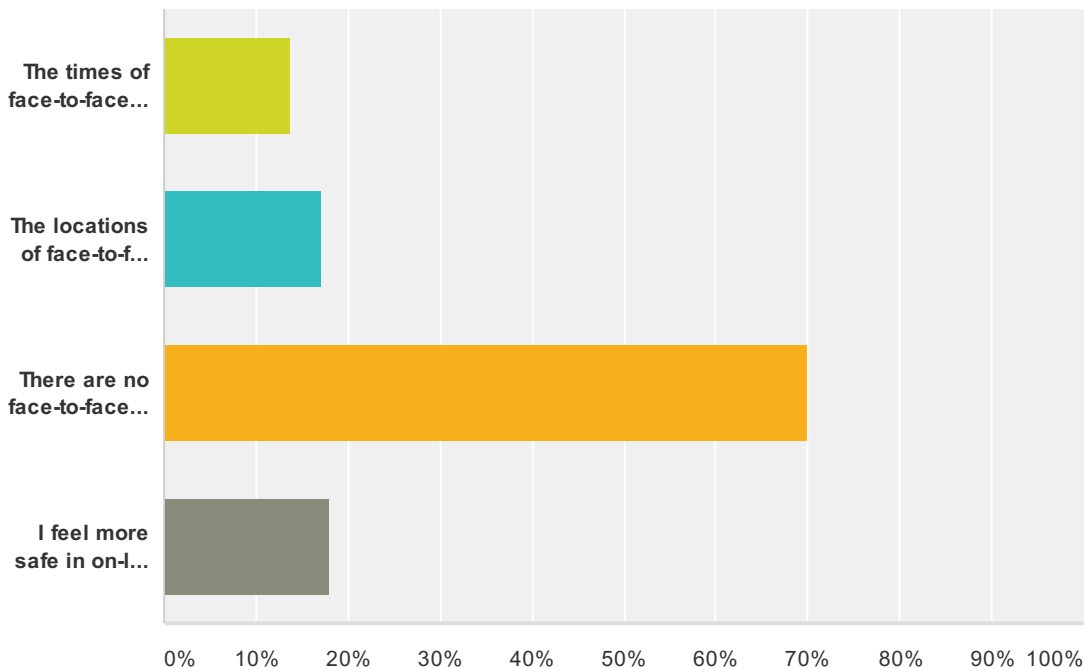


Answer Choices	Responses
I prefer face-to-face conversations.	100.00% 157
I do not have internet access.	0.00% 0
I do not own/use a computer.	0.00% 0
I am required to provide proof of attendance at a recovery meeting.	1.27% 2
<b>Total Respondents: 157</b>	



**Q16 If you participate in LifeRing on-line, only, why? (check all that apply)**

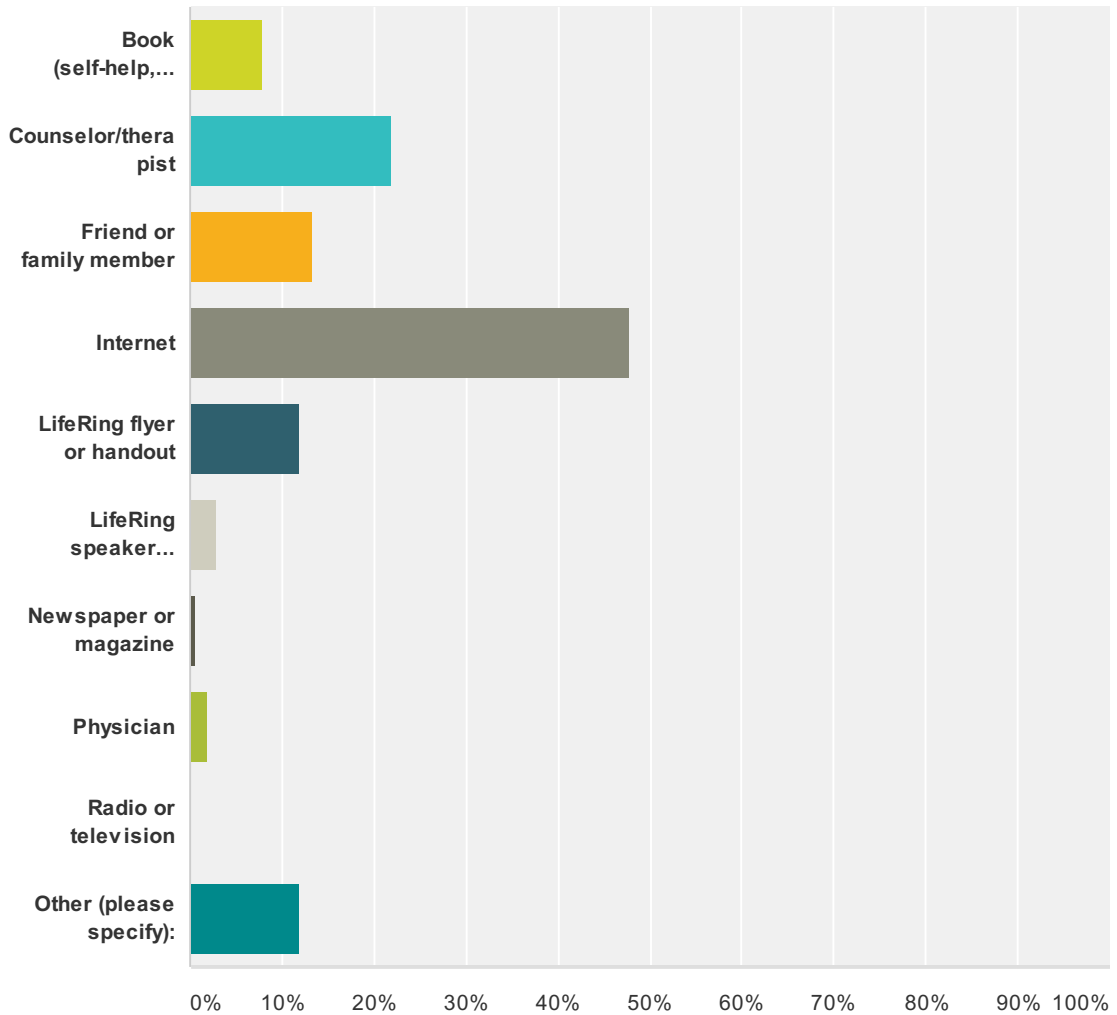
Answered: 123 Skipped: 257



Answer Choices	Responses
The times of face-to-face meetings in my area are inconvenient.	13.82% 17
The locations of face-to-face meetings in my area are inconvenient.	17.07% 21
There are no face-to-face meetings in my area/region.	69.92% 86
I feel more safe in on-line meetings.	17.89% 22
<b>Total Respondents: 123</b>	

### Q17 From what source(s) did you find out about LifeRing? (check all that apply)

Answered: 368 Skipped: 12

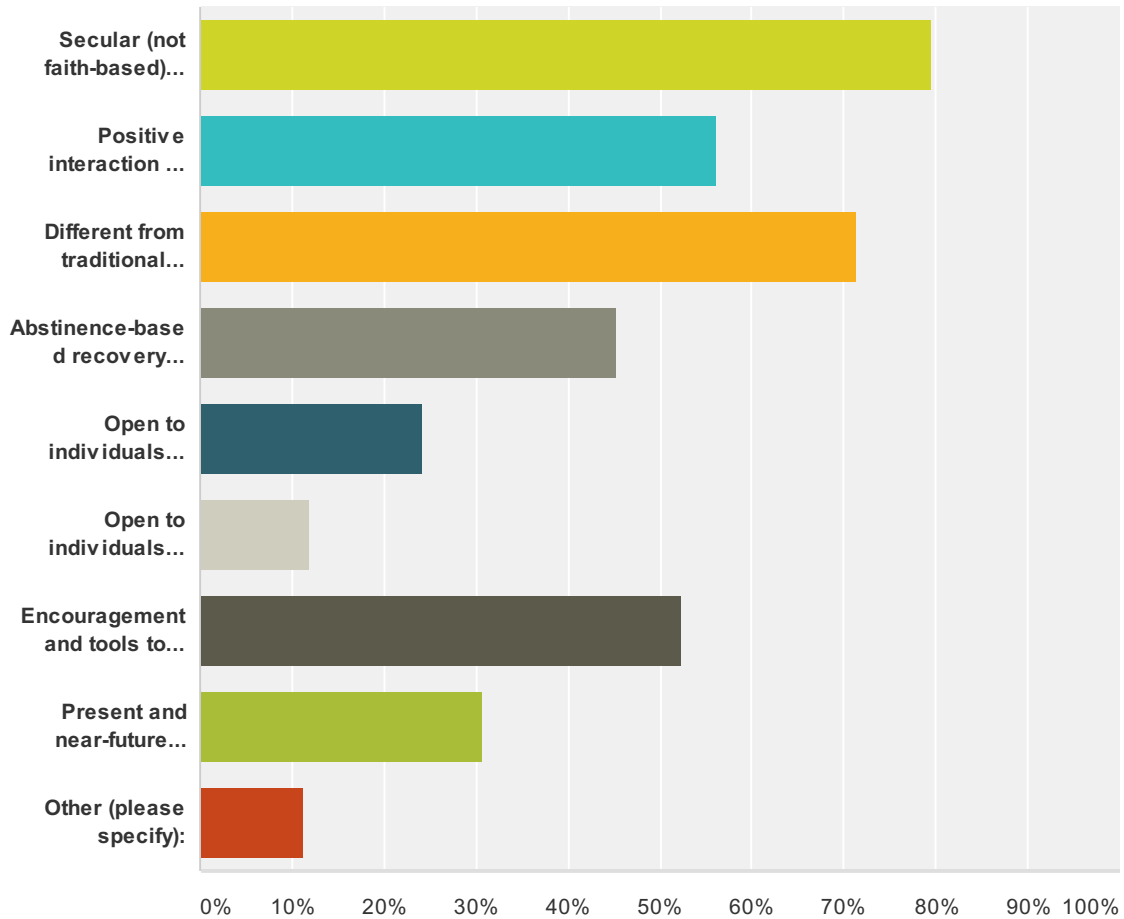


Answer Choices	Responses
Book (self-help, addiction/recovery, other)	7.88% 29
Counselor/therapist	22.01% 81
Friend or family member	13.32% 49
Internet	47.83% 176
LifeRing flyer or handout	11.96% 44
LifeRing speaker presentation	2.99% 11
Newspaper or magazine	0.54% 2
Physician	1.90% 7
Radio or television	0.27% 1
Other (please specify):	11.96% 44

Total Respondents: 368

### Q18 What first drew you to LifeRing? (check all that apply)

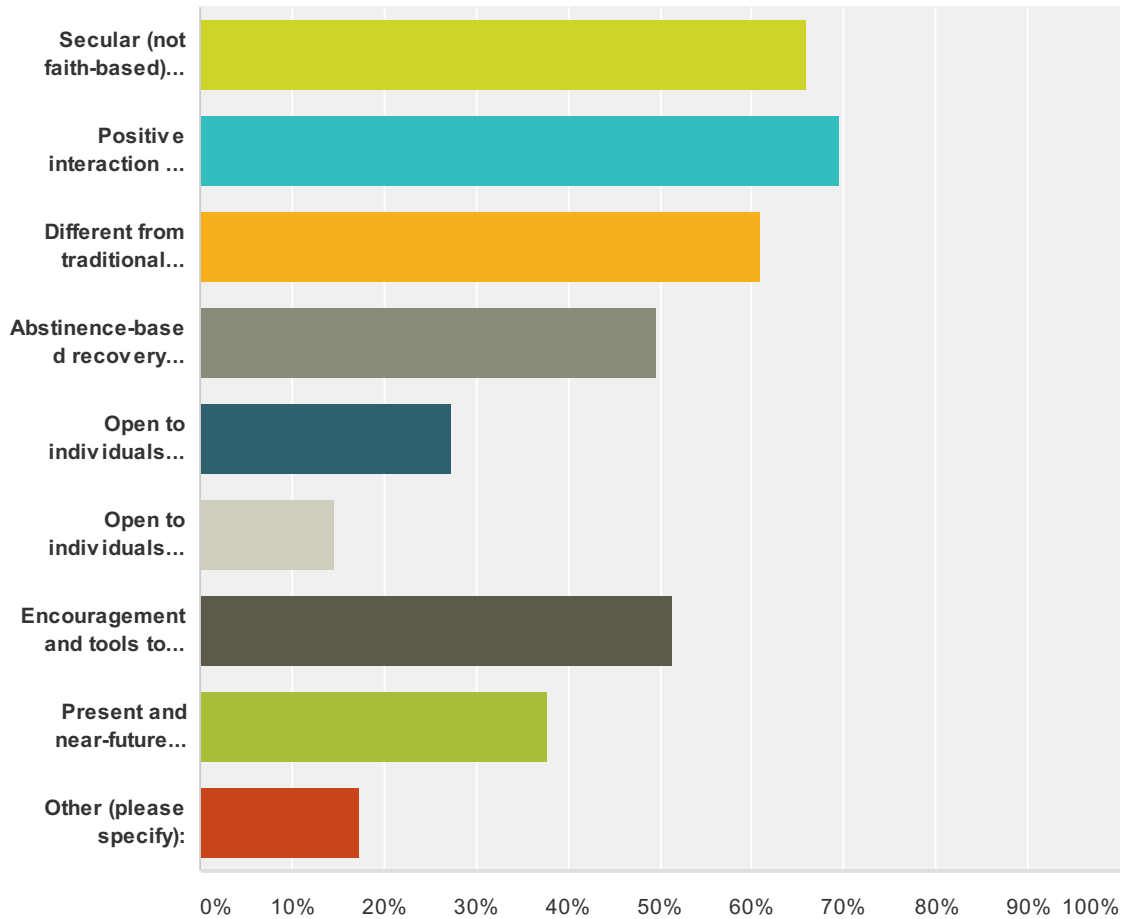
Answered: 367 Skipped: 13



Answer Choices	Responses
Secular (not faith-based) focus	79.56% 292
Positive interaction and discussion between individuals in face-to-face and on-line settings	56.13% 206
Different from traditional twelve-step programs	71.39% 262
Abstinence-based recovery focus	45.23% 166
Open to individuals with any chemical dependency (alcohol and/or other drugs)	24.25% 89
Open to individuals whose health care provider has prescribed medication to assist with recovery	11.99% 44
Encouragement and tools to develop a personal, strength-based recovery plan	52.32% 192
Present and near-future focused discussion	30.79% 113
Other (please specify):	11.17% 41
<b>Total Respondents: 367</b>	

### Q19 What keeps you involved in LifeRing? (check all that apply)

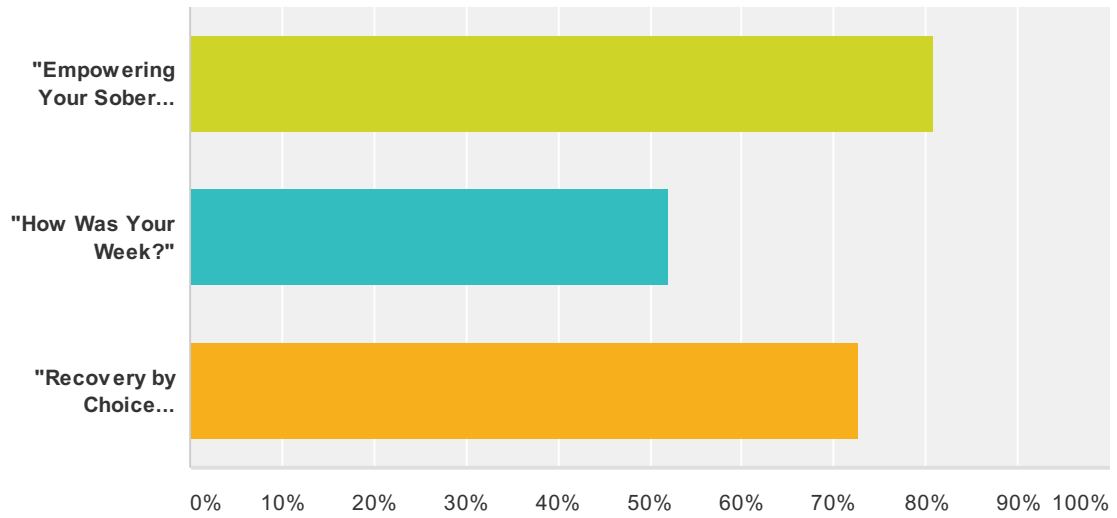
Answered: 362 Skipped: 18



Answer Choices	Responses
Secular (not faith-based) focus	66.02% 239
Positive interaction and discussion between individuals in face-to-face and on-line settings	69.61% 252
Different from traditional twelve-step programs	61.05% 221
Abstinence-based recovery focus	49.72% 180
Open to individuals with any chemical dependency (alcohol and/or other drugs)	27.35% 99
Open to individuals whose health care provider has prescribed medication to assist with recovery	14.64% 53
Encouragement and tools to develop a personal, strength-based recovery plan	51.38% 186
Present and near-future focused discussion	37.85% 137
Other (please specify):	17.40% 63
<b>Total Respondents: 362</b>	

### Q20 Have you read any of these LifeRing publications? (check all that apply)

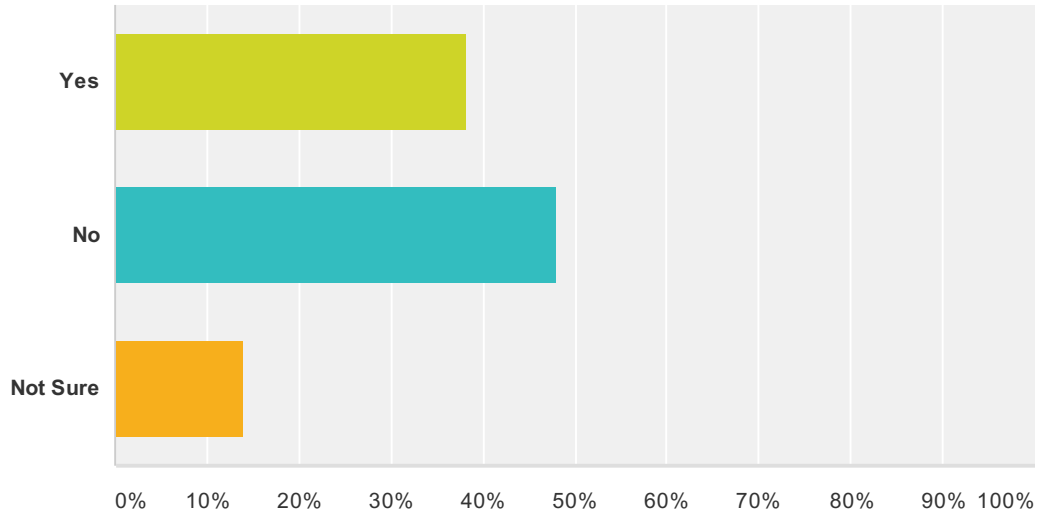
Answered: 271 Skipped: 109



Answer Choices	Responses
"Empowering Your Sober Self"	80.81% 219
"How Was Your Week?"	52.03% 141
"Recovery by Choice Workbook"	72.69% 197
<b>Total Respondents: 271</b>	

### Q21 Are you receiving the LifeRing Newsletter, published quarterly?

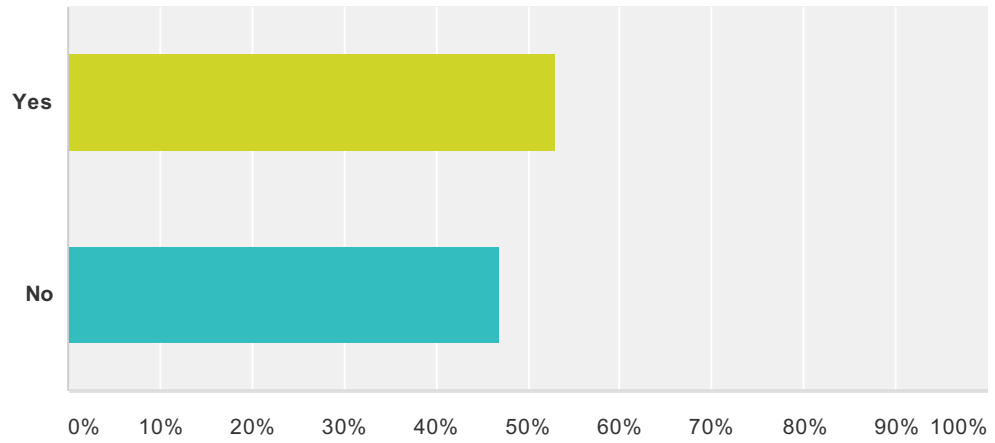
Answered: 367 Skipped: 13



Answer Choices	Responses
Yes	38.15% 140
No	47.96% 176
Not Sure	13.90% 51
<b>Total</b>	<b>367</b>

## Q22 Do you attend LifeRing face-to-face meetings?

Answered: 369 Skipped: 11

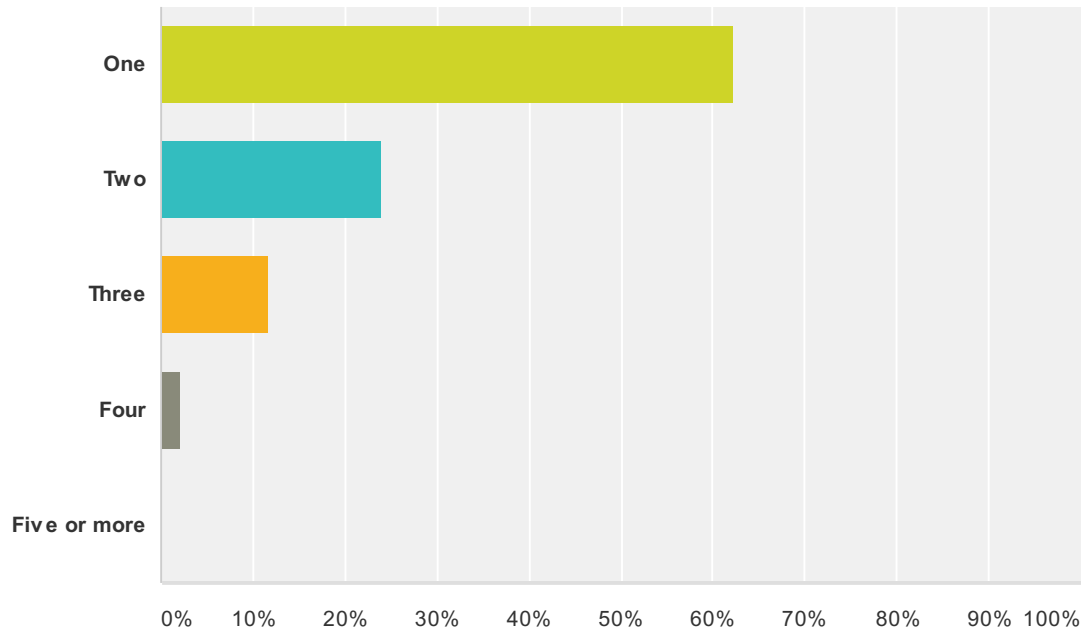


Answer Choices	Responses	
Yes	53.12%	196
No	46.88%	173
<b>Total</b>		<b>369</b>



### Q23 In a typical week, how many face-to-face meetings to you attend?

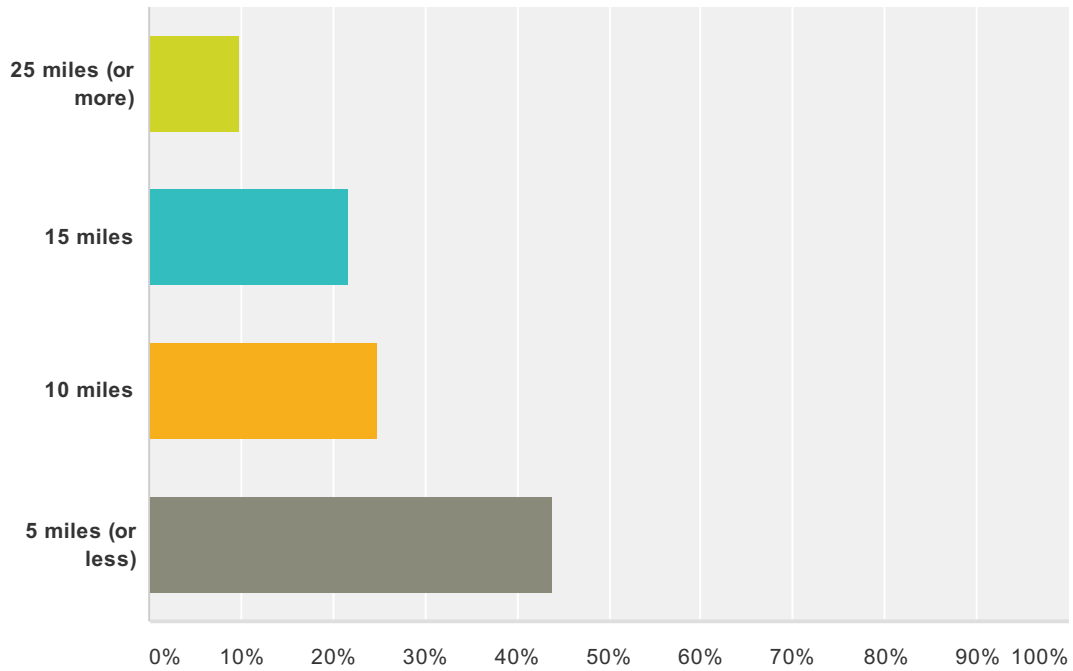
Answered: 188 Skipped: 192



Answer Choices	Responses	
One	62.23%	117
Two	23.94%	45
Three	11.70%	22
Four	2.13%	4
Five or more	0.00%	0
<b>Total</b>		<b>188</b>

### Q24 On average, how far do you have to travel to attend a face-to-face meeting?

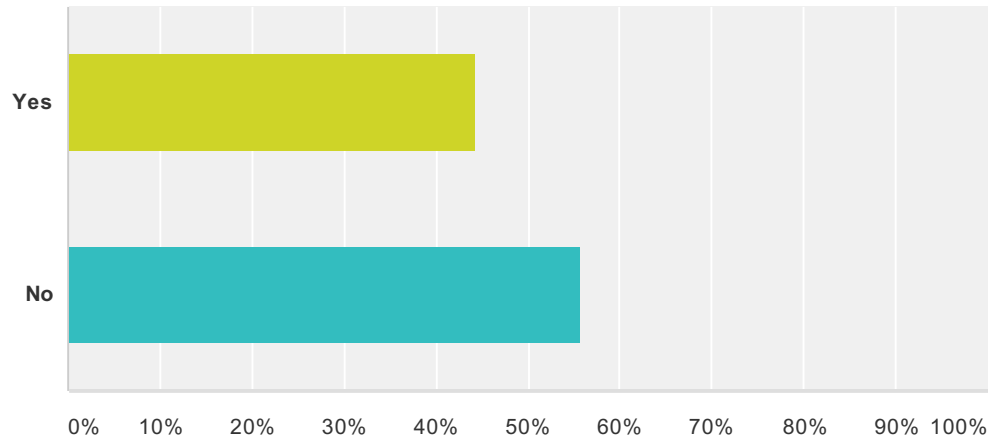
Answered: 194 Skipped: 186



Answer Choices	Responses	
25 miles (or more)	9.79%	19
15 miles	21.65%	42
10 miles	24.74%	48
5 miles (or less)	43.81%	85
<b>Total</b>		<b>194</b>

### Q25 Do you participate one of LifeRing's on-line communities?

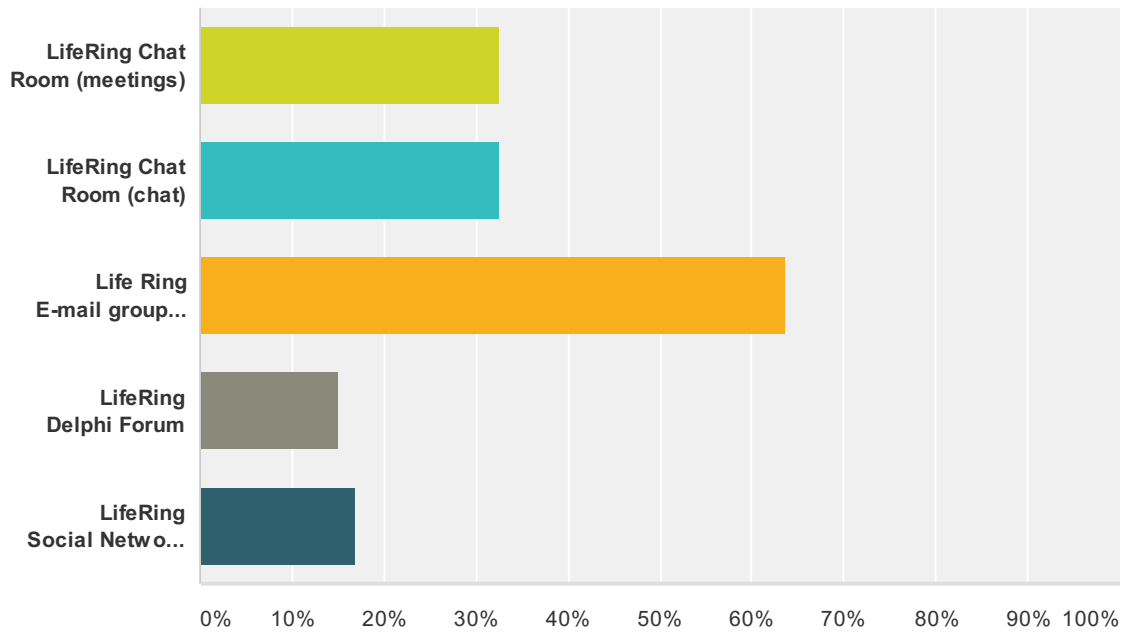
Answered: 359 Skipped: 21



Answer Choices	Responses	
Yes	44.29%	159
No	55.71%	200
<b>Total</b>		<b>359</b>

**Q26 In which of the LifeRing on-line communities do you currently participate?  
(check all that apply)**

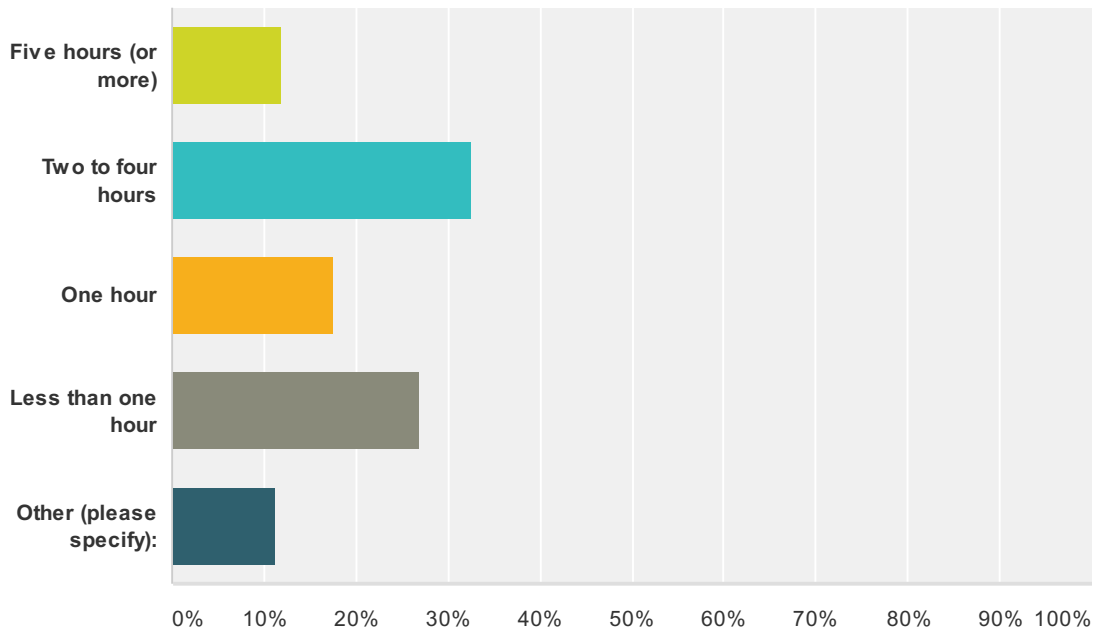
Answered: 160 Skipped: 220



Answer Choices	Responses
LifeRing Chat Room (meetings)	32.50% 52
LifeRing Chat Room (chat)	32.50% 52
Life Ring E-mail group (LSRmail, LSRsafe, etc.)	63.75% 102
LifeRing Delphi Forum	15.00% 24
LifeRing Social Network (Ning)	16.88% 27
<b>Total Respondents: 160</b>	

### Q27 During a typical week, about how much time to you spend participating in LifeRing on-line community discussions?

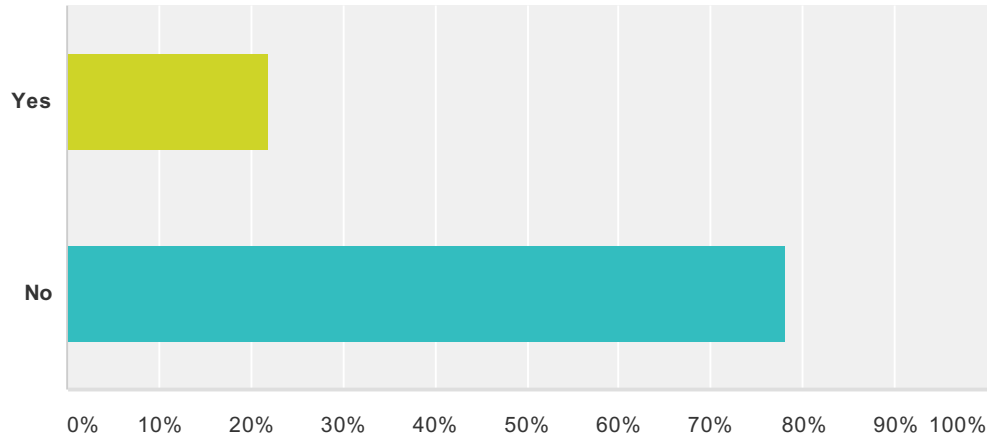
Answered: 160 Skipped: 220



Answer Choices	Responses	
Five hours (or more)	11.88%	19
Two to four hours	32.50%	52
One hour	17.50%	28
Less than one hour	26.88%	43
Other (please specify):	11.25%	18
<b>Total</b>		<b>160</b>

**Q28 Have you elected to discontinue participating in any LifeRing face-to-face meetings or on-line communities in the past year?**

Answered: 364 Skipped: 16



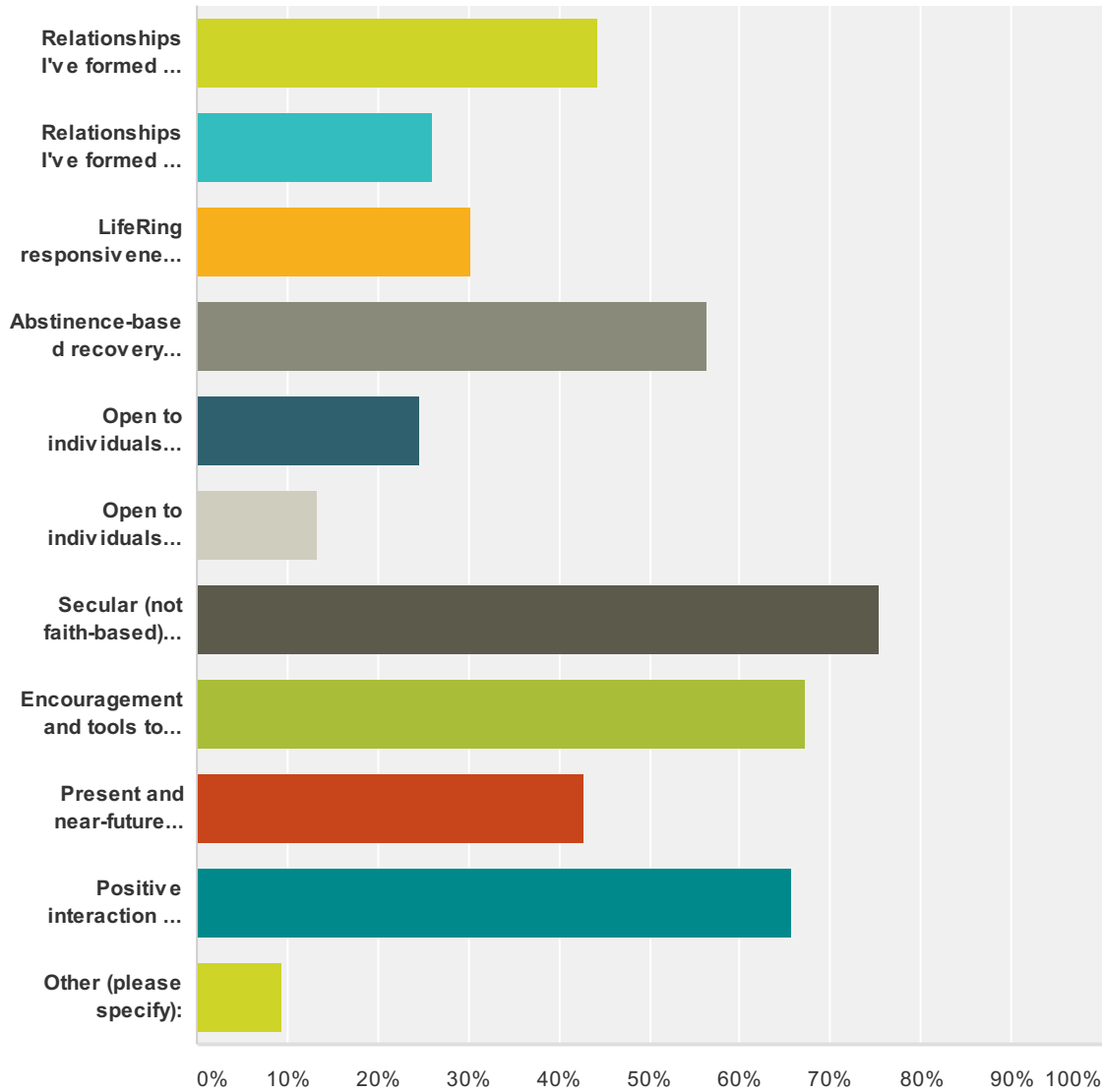
Answer Choices	Responses	
Yes	21.98%	80
No	78.02%	284
<b>Total</b>		<b>364</b>

**Q29 In a few words, would you take a moment to explain why you elected to stop participating and what might have changed your decision?**

Answered: 80 Skipped: 300

**Q30 Based on your experience with LifeRing, what parts of LifeRing best support your sober self and recovery plan? (check all that apply)**

Answered: 360 Skipped: 20



Answer Choices	Responses
Relationships I've formed in my face-to-face meetings	44.17% 159
Relationships I've formed in on-line communities	26.11% 94
LifeRing responsiveness to new developments in addiction/recovery research	30.28% 109
Abstinence-based recovery focus	56.39% 203
Open to individuals with any chemical dependency (alcohol and/or other drugs)	24.72% 89
Open to individuals whose health care provider has prescribed medication to assist with recovery	13.33% 48
Secular (not faith-based) focus	75.28% 271

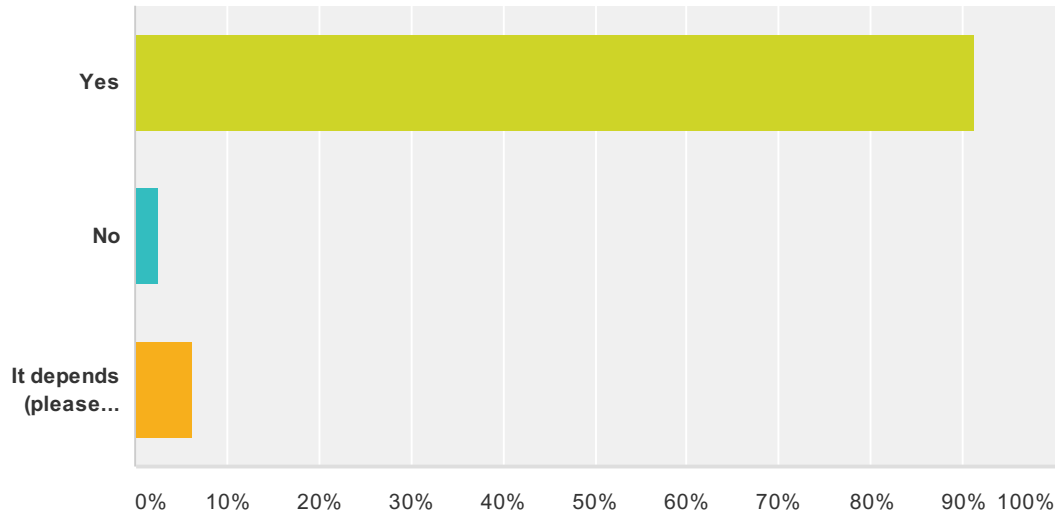


## LifeRing Membership/Participant Survey: Summer 2013

Encouragement and tools to develop a personal, strength-based recovery plan	<b>67.22%</b>	242
Present and near-future focused discussion	<b>42.78%</b>	154
Positive interaction and discussion between individuals in face-to-face and on-line settings	<b>65.83%</b>	237
Other (please specify):	<b>9.44%</b>	34
<b>Total Respondents: 360</b>		

### Q31 If you had the opportunity, would you recommend LifeRing to a friend or loved one?

Answered: 362 Skipped: 18



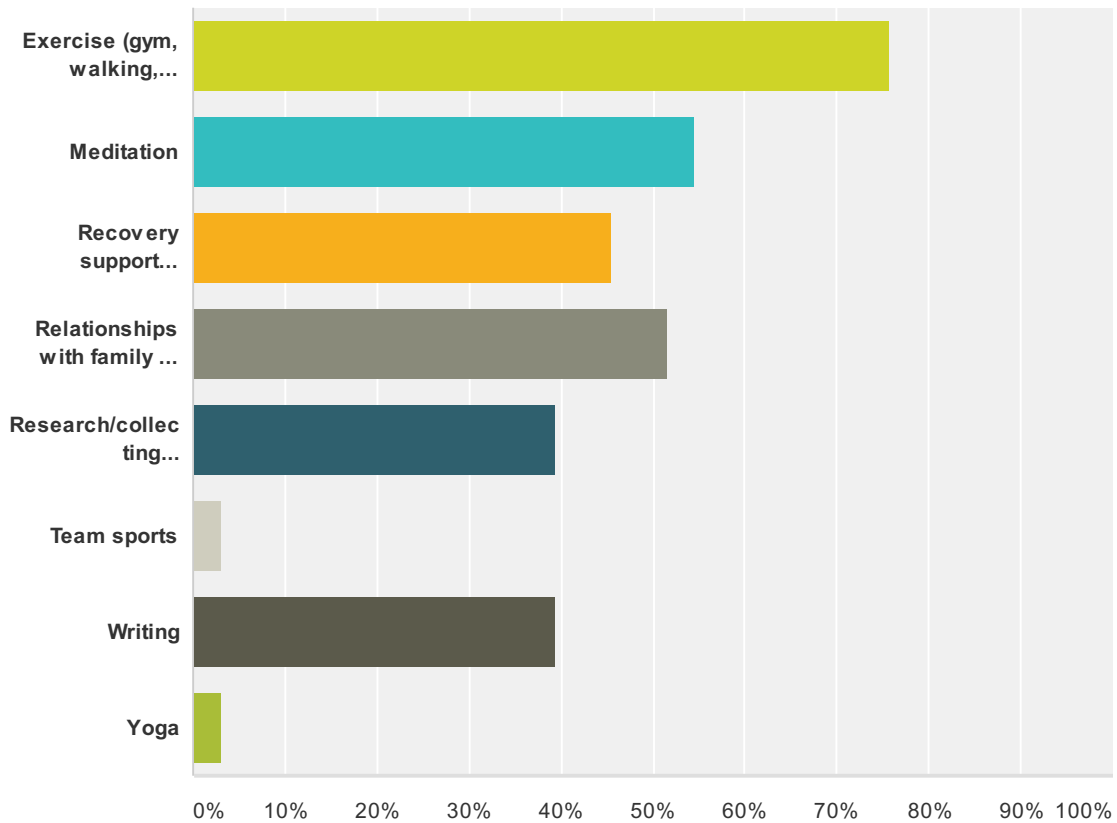
Answer Choices	Responses
Yes	91.16% 330
No	2.49% 9
It depends (please elaborate, if you wish)	6.35% 23
<b>Total</b>	<b>362</b>

**Q32 If you would choose \*not\* to recommend LifeRing to a friend or family member, would you let take a moment to let us know why?**

Answered: 22 Skipped: 358

### Q33 Have any of these activities been helpful to you in your sobriety? (Please check all that apply.)

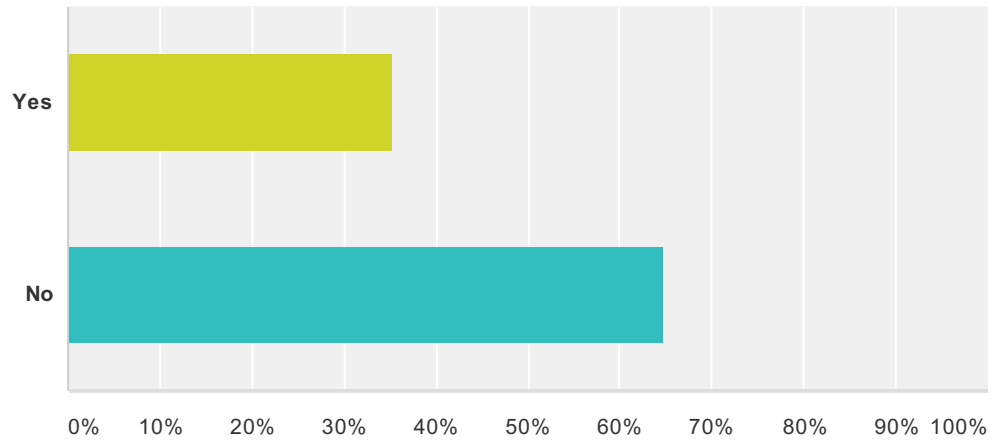
Answered: 33 Skipped: 347



Answer Choices	Responses
Exercise (gym, walking, running, hiking, cycling, dancing, etc.)	75.76% 25
Meditation	54.55% 18
Recovery support meetings/on-line communities	45.45% 15
Relationships with family and friends	51.52% 17
Research/collecting information about addiction/recovery	39.39% 13
Team sports	3.03% 1
Writing	39.39% 13
Yoga	3.03% 1
<b>Total Respondents: 33</b>	

### Q34 Do you currently participate in other abstinence-based recovery programs?

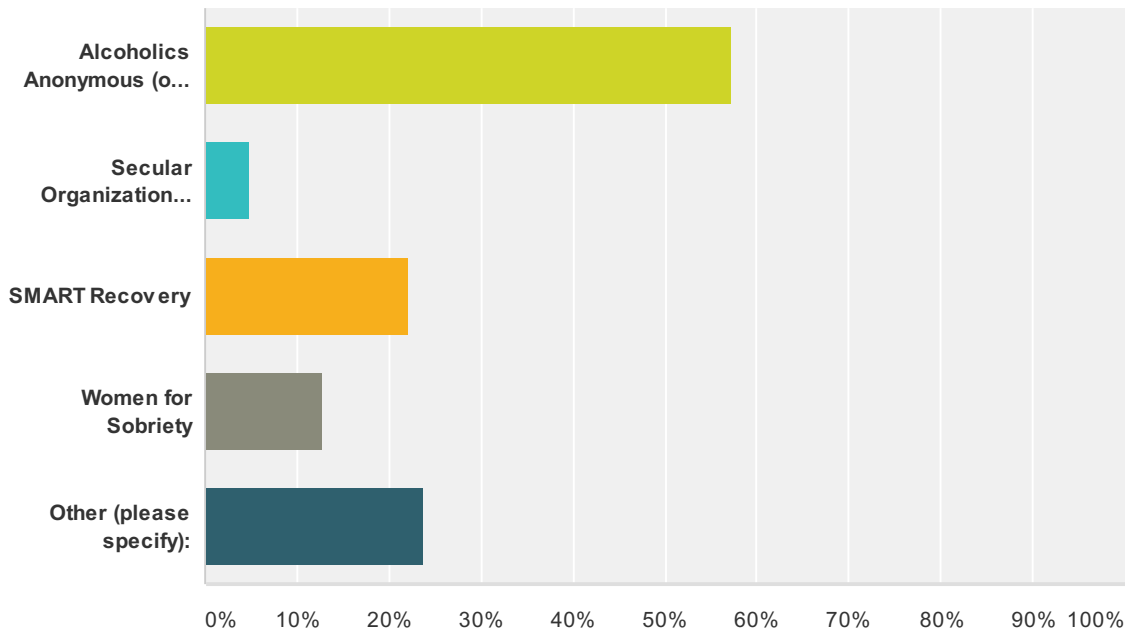
Answered: 365 Skipped: 15



Answer Choices	Responses	
Yes	35.34%	129
No	64.66%	236
<b>Total</b>		<b>365</b>

### Q35 If so, which one(s)?

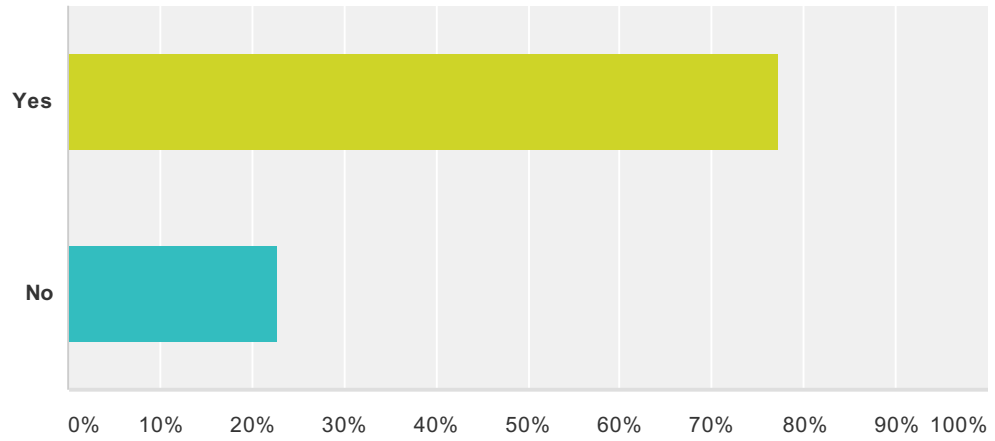
Answered: 126 Skipped: 254



Answer Choices	Responses
Alcoholics Anonymous (or other related twelve-step programs for chemical dependencies)	57.14% 72
Secular Organizations for Sobriety (SOS)	4.76% 6
SMART Recovery	22.22% 28
Women for Sobriety	12.70% 16
Other (please specify):	23.81% 30
<b>Total Respondents: 126</b>	

### Q36 Have you, in the past, participated in other abstinence-based recovery programs?

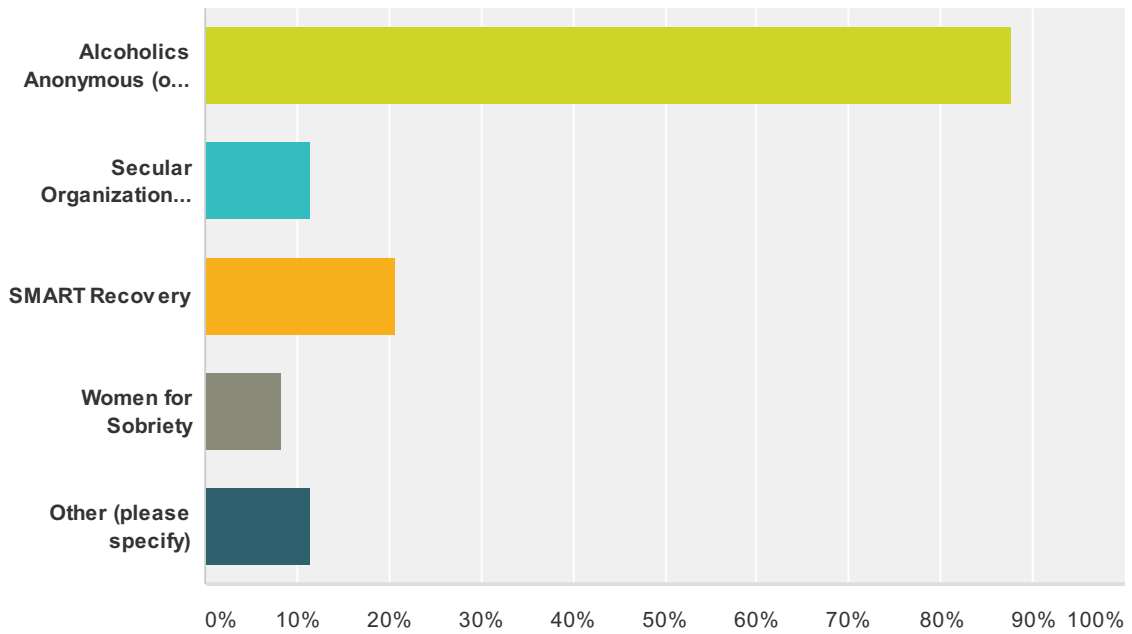
Answered: 360 Skipped: 20



Answer Choices	Responses	
Yes	77.22%	278
No	22.78%	82
<b>Total</b>		<b>360</b>

### Q37 If so, which one(s)?

Answered: 286 Skipped: 94

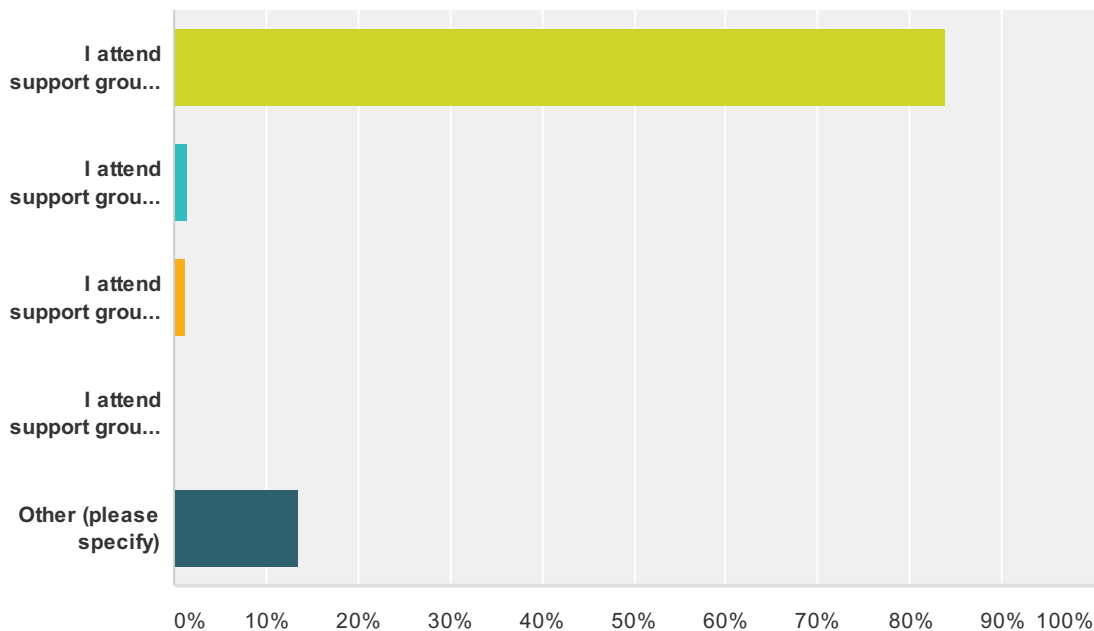


Answer Choices	Responses	
Alcoholics Anonymous (or other related twelve-step programs for chemical dependencies)	87.76%	251
Secular Organizations for Sobriety (SOS)	11.54%	33
SMART Recovery	20.63%	59
Women for Sobriety	8.39%	24
Other (please specify)	11.54%	33
<b>Total Respondents: 286</b>		



### Q38 Which of the following best describes your participation in LifeRing and/or other recovery support groups?

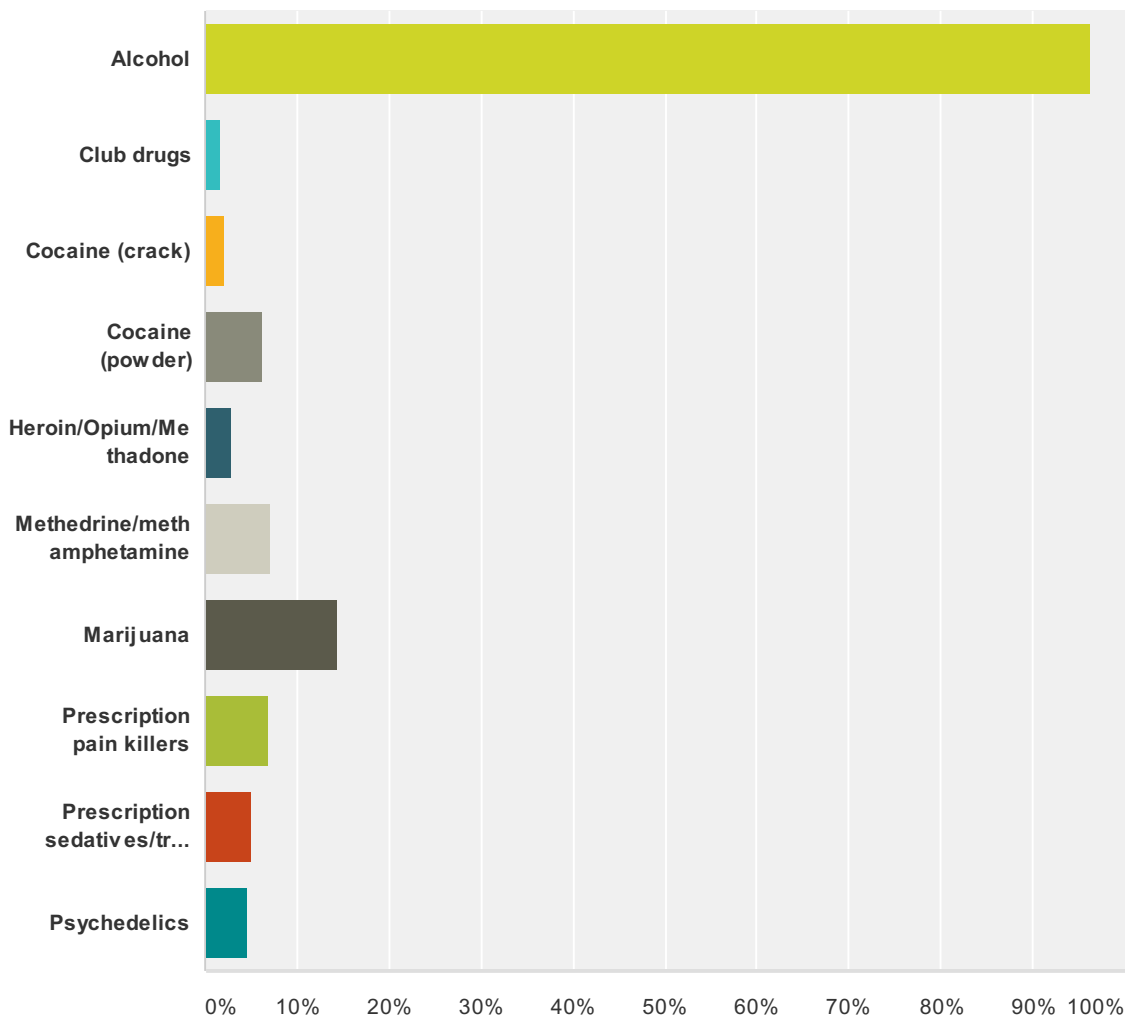
Answered: 340 Skipped: 40



Answer Choices	Responses	
I attend support group meetings because I want to.	83.82%	285
I attend support group meetings because my counselor/therapist suggests I do.	1.47%	5
I attend support group meetings because my attendance is required by my treatment program.	1.18%	4
I attend support group meetings because I am required to by court order.	0.00%	0
Other (please specify)	13.53%	46
<b>Total</b>		<b>340</b>

### Q39 Which substance(s) would you describe as your drug(s) of choice?

Answered: 352 Skipped: 28

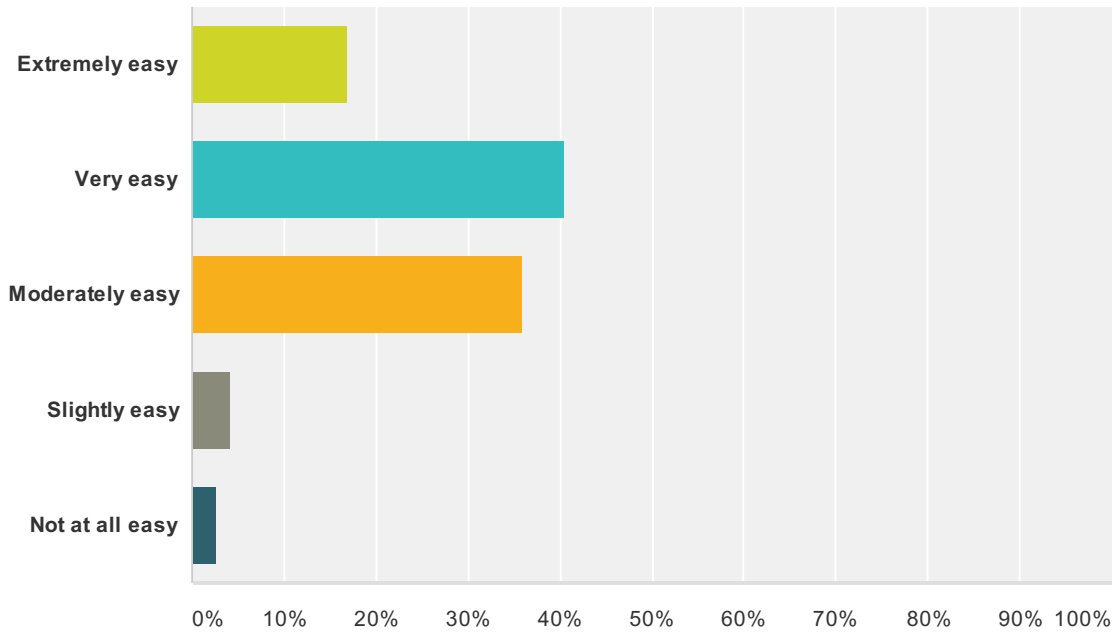


Answer Choices	Responses
Alcohol	96.31% 339
Club drugs	1.70% 6
Cocaine (crack)	1.99% 7
Cocaine (powder)	6.25% 22
Heroin/Opium/Methadone	2.84% 10
Methedrine/methamphetamine	7.10% 25
Marijuana	14.49% 51
Prescription pain killers	6.82% 24
Prescription sedatives/tranquilizers	5.11% 18
Psychedelics	4.55% 16

Total Respondents: 352

### Q40 How easy is it to find the information you are looking for on our website?

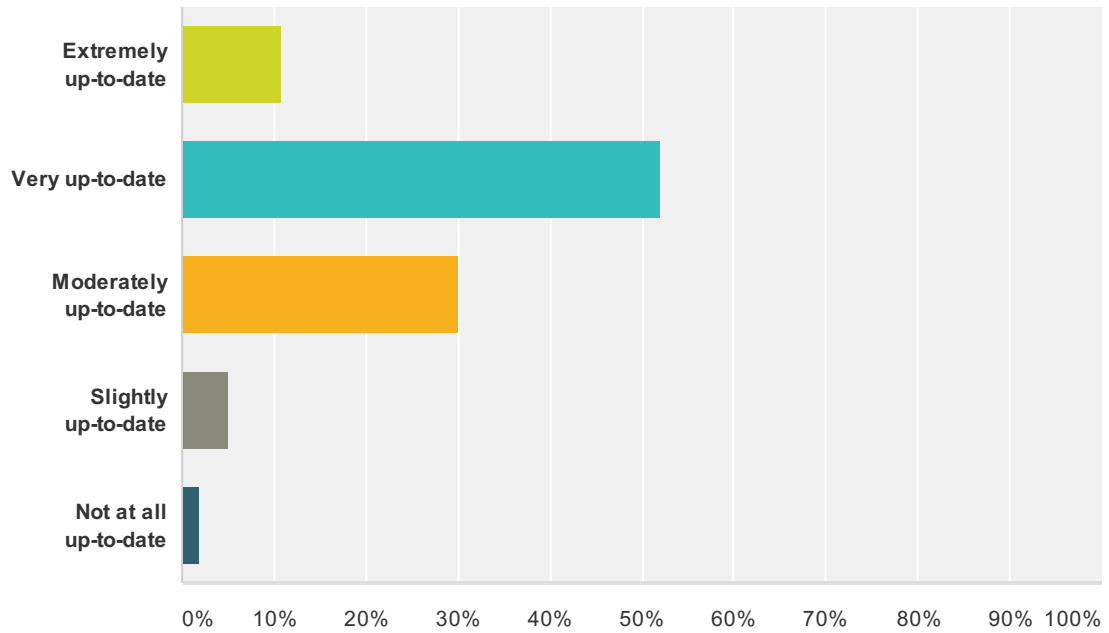
Answered: 343 Skipped: 37



Answer Choices	Responses	Count
Extremely easy	16.91%	58
Very easy	40.52%	139
Moderately easy	35.86%	123
Slightly easy	4.08%	14
Not at all easy	2.62%	9
<b>Total</b>		<b>343</b>

### Q41 How up-to-date is the content on our website?

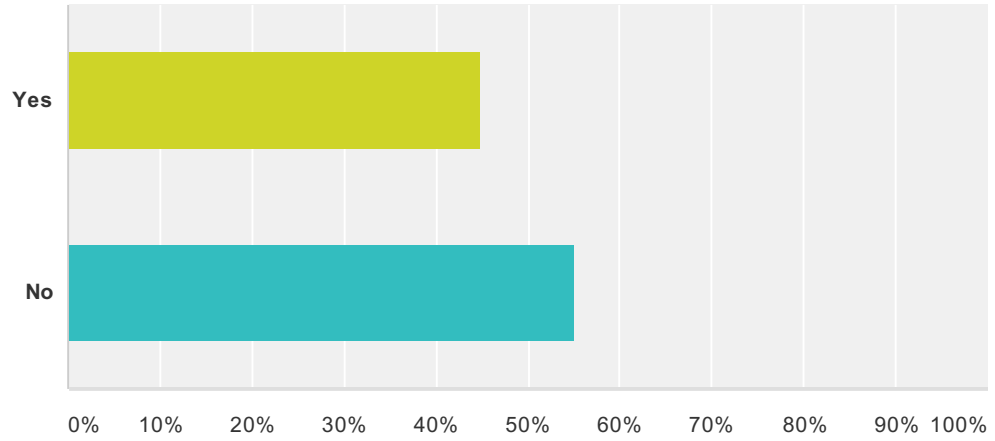
Answered: 313 Skipped: 67



Answer Choices	Responses	
Extremely up-to-date	10.86%	34
Very up-to-date	52.08%	163
Moderately up-to-date	30.03%	94
Slightly up-to-date	5.11%	16
Not at all up-to-date	1.92%	6
<b>Total</b>		<b>313</b>

### Q42 Have you purchased a publication or made a gift to LifeRing on our website?

Answered: 359 Skipped: 21



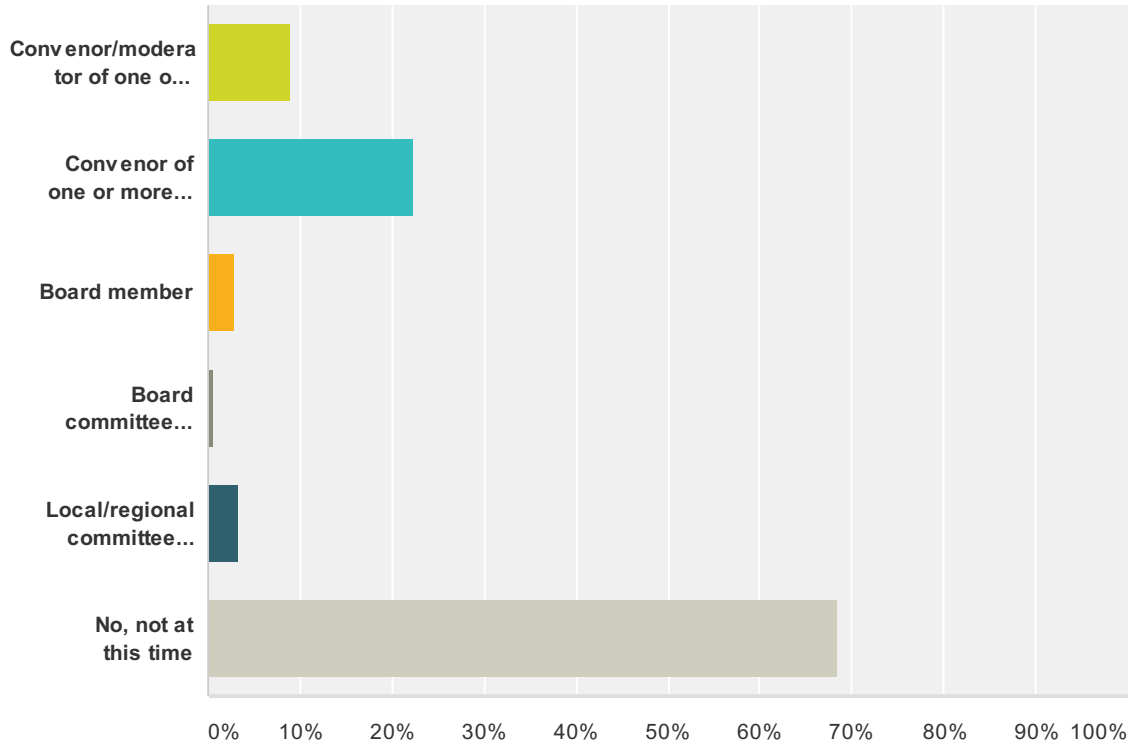
Answer Choices	Responses
Yes	44.85% 161
No	55.15% 198
<b>Total</b>	<b>359</b>

**Q43 Do you have suggestions for improving our website?**

Answered: 101 Skipped: 279

### Q44 Are you currently serving as a LifeRing volunteer?

Answered: 349 Skipped: 31

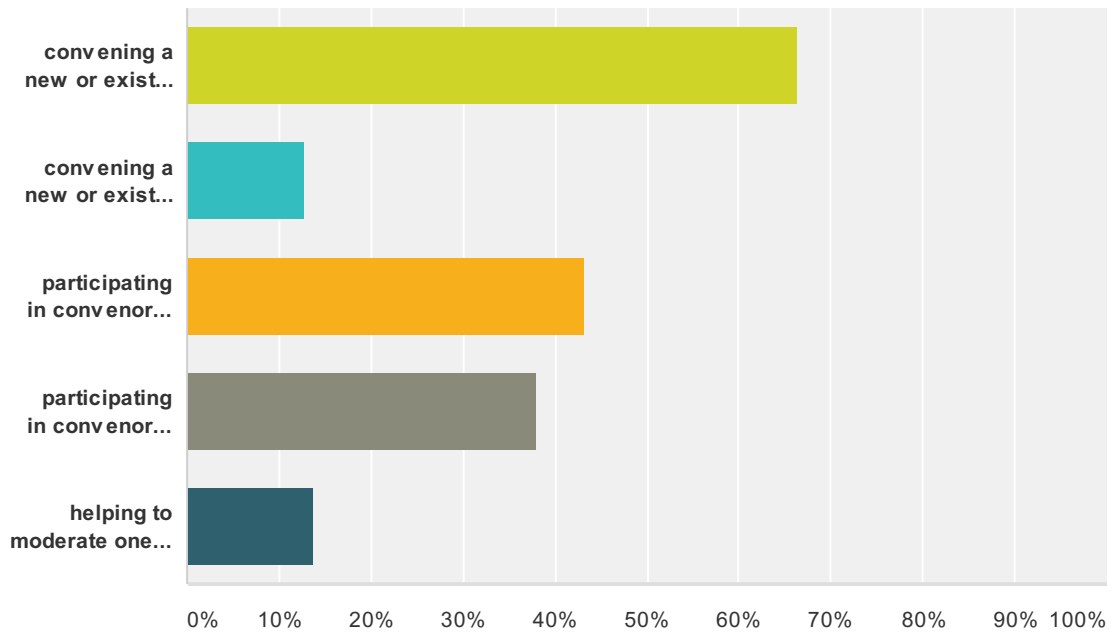


Answer Choices	Responses
Convenor/moderator of one or more on-line groups	8.88% 31
Convenor of one or more face-to-face meetings	22.35% 78
Board member	2.87% 10
Board committee member (but not currently serving on the board)	0.57% 2
Local/regional committee member	3.44% 12
No, not at this time	68.48% 239
<b>Total Respondents: 349</b>	



### Q45 Are you interested in ...

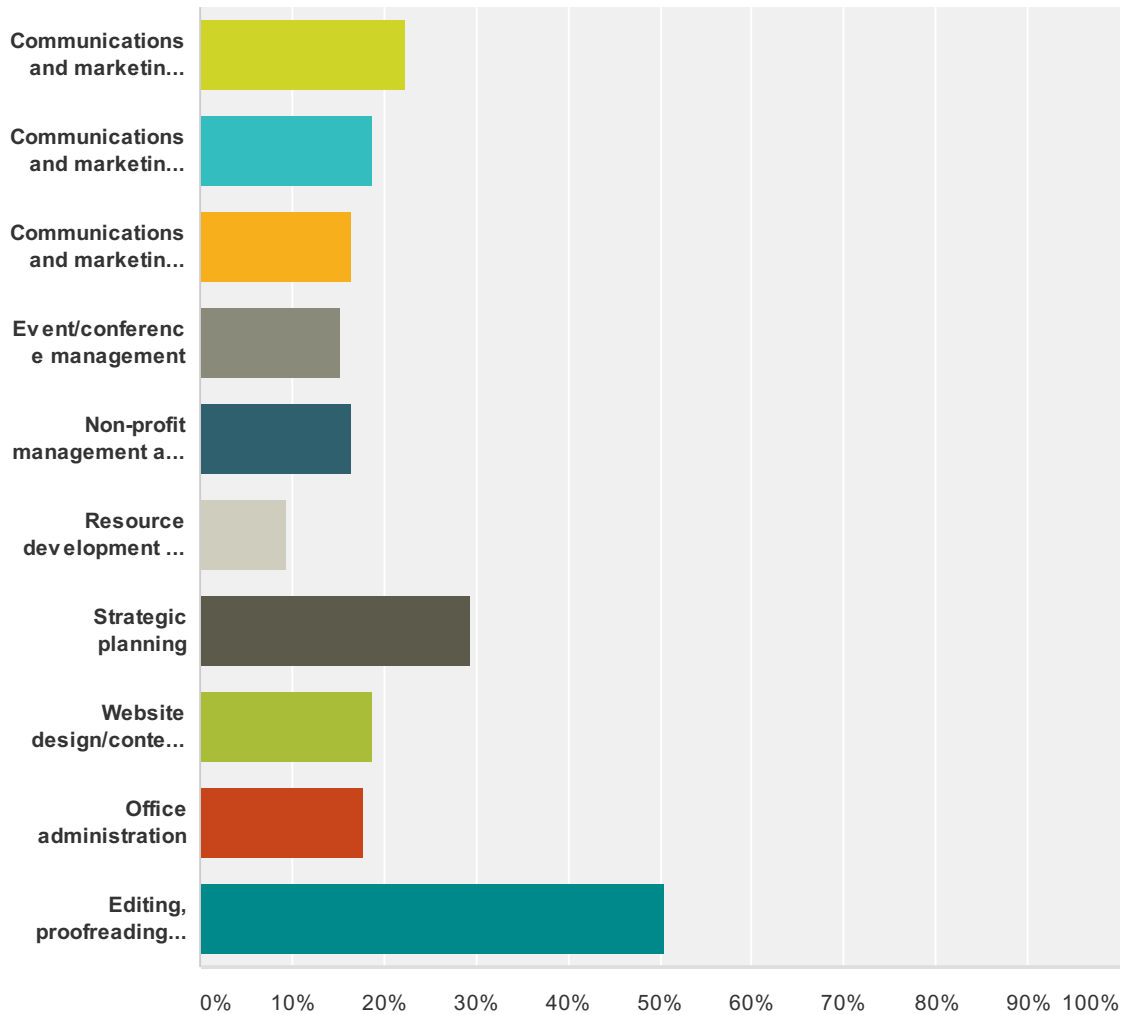
Answered: 95 Skipped: 285



Answer Choices	Responses
convening a new or existing face-to-face meeting in your area?	66.32% 63
convening a new or existing on-line meeting?	12.63% 12
participating in convenor training (in person)?	43.16% 41
participating in convenor training (remotely)?	37.89% 36
helping to moderate one of LifeRing's on-line communities?	13.68% 13
<b>Total Respondents: 95</b>	

**Q46 LifeRing has a multitude of volunteer opportunities. Are there areas personal interest or professional expertise (such as the ones listed below - or others!) you would be interested in sharing with LifeRing as a volunteer?**

Answered: 85 Skipped: 295



Answer Choices	Responses
Communications and marketing (print)	22.35% 19
Communications and marketing (television, radio)	18.82% 16
Communications and marketing (social and emerging media)	16.47% 14
Event/conference management	15.29% 13
Non-profit management and governance	16.47% 14
Resource development and fund-raising	9.41% 8
Strategic planning	29.41% 25

## LifeRing Membership/Participant Survey: Summer 2013

Website design/content management/infrastructure	18.82%	16
Office administration	17.65%	15
Editing, proofreading, technical writing	50.59%	43
<b>Total Respondents: 85</b>		