Table 1 Characteristics of the participants and reasons for high alcohol consumption during the COVID-19 pandemic, Islamic Republic of Iran, March–June 2020

Variable	Males (n = 82)	Females (n = 34)	Total (n = 116)
Age in years, mean (SD)	36.3 (9.9)	31.2 (9.02)	34.8 (9.9) (range 17–71)
History of high alcohol consumption, no. (%)a			
Yes	68 (82.9)	20 (58.8)	88 (75.9)
No	14 (17.1)	14 (41.2)	28 (24.1)
History of self-medication, no. (%)			
Yes	48 (58.5)	18 (52.9)	66 (56.9)
No	34 (41.5)	16 (47.1)	50 (43.1)
Most common reasons for high alcohol consumption, no. (%)b			
Protection from SARS-CoV-2	18 (15.7)	8 (17.4)	26 (16.1)
Having fun drinking alcohol	15 (13.0)	2 (4.3)	17 (10.6)
Self-medication	8 (7)	3 (6.5)	11 (6.8)
Poor warnings about the hazards of alcohol use from the health ministry	5 (4.3)	7 (15.2)	12 (7.5)
Relieve stress of home quarantine	37 (32.2)	15 (32.6)	52 (32.3)
Reduce fear of catching COVID-19	20 (17.4)	7 (15.2)	27 (16.8)
Scarcity of disinfectants	7 (6.1)	4 (8.7)	11 (6.8)
Exposure to misinformation on social media and the Internet	3 (2.6)	0 (0)	3 (1.9)
Suicide or self-harm attempt	2 (1.7)	0 (0)	2 (1.2)
Total, no. (%)	115 (100)	46 (100)	161 (100)

COVID-19= coronavirus disease 2019.
[a]High alcohol consumption was defined as an average of more than two drinks a day (for women) or four drinks a day (for men) (14).
[b]Respondents could select more than one answer.