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Appendix B

Screening and Assessment Instruments

This appendix includes

- Alcohol and Drug Consequences Questionnaire (ADCQ)
- Alcohol (and Illegal Drugs) Decisional Balance Scale
- Alcohol Effects Questionnaire
- Alcohol Expectancy Questionnaire—III (Adult)
- Alcohol Use Disorders Identification Test (AUDIT)
- Brief Situational Confidence Questionnaire (BSCQ)
- Personal Feedback Report
 - ? Understanding Your Personal Feedback Report
- Readiness To Change Questionnaire (Treatment Version) (RCQ-TV)
- Situational Confidence Questionnaire (SCQ-39)
- Stages of Change Readiness and Treatment Eagerness Scale (SOCRATES 8A, 8D)
- University of Rhode Island Change Assessment Scale (URICA)
- What I Want From Treatment

Ordering information for these instruments, along with other resources, appears in Appendix C.

Alcohol and Drug Consequences Questionnaire (ADCQ)

There can be good and bad consequences to any change. These consequences may not be the same for everyone. In thinking about your decision to change your alcohol or drug use, we would like to know what consequences are important to you. This is not a test: There are no right or wrong answers. We simply want to know what you think.

My primary problem drug is (write in name of primary drug, e.g., alcohol, cocaine)

All questions below refer to my primary drug use.

When I consider stopping or cutting down my primary drug use, the following reasons are important to me.

"IF I STOP OR CUT DOWN "

Circle the number which applies to you.

	Not Important	Slightly Important	Moderately Important	Very Important	Extremely Important	Not Applicable
1. I will feel better physically.	1	2	3	4	5	0
2. I will have difficulty relaxing.	1	2	3	4	5	0
3. I will change a lifestyle I enjoy.	1	2	3	4	5	0
4. I will have fewer problems with my family.	1	2	3	4	5	0
5. I will feel frustrated and anxious.	1	2	3	4	5	0
6. I will have more money to do other things with.	1	2	3	4	5	0
7. I will be more active and alert.	1	2	3	4	5	0
8. I will get depressed.	1	2	3	4	5	0
9. I will have fewer problems with friends.	1	2	3	4	5	0

	Not Important	Slightly Important	Moderately Important	Very Important	Extremely Important	Not Applicable
10. I will feel better about myself.	1	2	3	4	5	0
11. I will regain some self-respect.	1	2	3	4	5	0
12. I will accomplish more of the things I want to get done.	1	2	3	4	5	0
13. I will have a better relationship with my family.	1	2	3	4	5	0
14. I will have difficulty coping with my problems.	1	2	3	4	5	0
15. I will feel withdrawal or craving.	1	2	3	4	5	0
16. I will have too much time on my hands.	1	2	3	4	5	0
17. I will have difficulty not drinking or using drugs.	1	2	3	4	5	0
18. My health will improve.	1	2	3	4	5	0
19. I will live longer.	1	2	3	4	5	0
20. I will be more in control of life.	1	2	3	4	5	0
21. I will feel bored.	1	2	3	4	5	0
22. I will be irritable.	1	2	3	4	5	0
23. I will be more financially stable.	1	2	3	4	5	0
24. I will miss the taste.	1	2	3	4	5	0

Appendix B

	Not Important	Slightly Important	Moderately Important	Very Important	Extremely Important	Not Applicable
25. I will have a better relationship with my friends.	1	2	3	4	5	0
26. I will feel stressed out.	1	2	3	4	5	0
27. I will save more money.	1	2	3	4	5	0
28. I will miss the feeling of being high.	1	2	3	4	5	0

Alcohol (and Illegal Drugs) Decisional Balance Scale

Client ID# _____

Date: ____/____/____

Assessment Point: _____

THE FOLLOWING STATEMENTS MAY PLAY A PART IN MAKING A DECISION ABOUT USING ALCOHOL (AND DRUGS). WE WOULD LIKE TO KNOW HOW IMPORTANT EACH STATEMENT IS TO YOU AT THE PRESENT TIME IN RELATION TO MAKING A DECISION ABOUT YOUR USING ALCOHOL (AND DRUGS). PLEASE RATE THE LEVEL OF IMPORTANCE TO EACH STATEMENT ON THE FOLLOWING 5 POINTS:

- 1 = Not important at all
- 2 = Slightly important
- 3 = Moderately important
- 4 = Very important
- 5 = Extremely important

PLEASE READ EACH STATEMENT AND CIRCLE THE NUMBER ON THE RIGHT TO INDICATE HOW YOU RATE ITS LEVEL OF IMPORTANCE AS IT RELATES TO YOUR MAKING A DECISION ABOUT WHETHER TO DRINK (OR USE DRUGS) AT THE PRESENT TIME.

How important is this to me?	Importance in making a decision about drinking:				
	Not At All	Slightly	Moderately	Very	Extremely
1. My drinking (drug use) causes problems with others.	1	2	3	4	5
2. I like myself better when I am drinking (using drugs).	1	2	3	4	5
3. Because I continue to drink (use drugs) some people think I lack the character to quit.	1	2	3	4	5
4. Drinking (drug use) helps me deal with problems.	1	2	3	4	5
5. Having to lie to others about my drinking (drug use) bothers me.	1	2	3	4	5
6. Some people try to avoid me when I drink (use drugs).	1	2	3	4	5

How important is this to me?	Importance in making a decision about drinking:				
	Not At All	Slightly	Moderately	Very	Extremely
7. Drinking (drug use) helps me to have fun and socialize.	1	2	3	4	5
8. Drinking (drug use) interferes with my functioning at home or/and at work.	1	2	3	4	5
9. Drinking (drug use) makes me more of a fun person.	1	2	3	4	5
10. Some people close to me are disappointed in me because of my drinking (drug use).	1	2	3	4	5
11. Drinking (drug use) helps me to loosen up and express myself.	1	2	3	4	5
12. I seem to get myself into trouble when drinking (using drugs).	1	2	3	4	5
13. I could accidentally hurt someone because of my drinking (drug use).	1	2	3	4	5
14. Not drinking (using drugs) at a social gathering would make me feel too different.	1	2	3	4	5
15. I am losing the trust and respect of my coworkers and/or spouse because of my drinking (drug use).	1	2	3	4	5
16. My drinking (drug use) helps give me energy and keeps me going.	1	2	3	4	5
17. I am more sure of myself when I am drinking (using drugs).	1	2	3	4	5
18. I am setting a bad example for others with my drinking (drug use).	1	2	3	4	5

How important is this to me?	Importance in making a decision about drinking:				
	Not At All	Slightly	Moderately	Very	Extremely
19. Without alcohol (illegal drugs), my life would be dull and boring.	1	2	3	4	5
20. People seem to like me better when I am drinking (using drugs).	1	2	3	4	5

Scoring:

Pros of drinking (drug use) are items: 2, 4, 7, 9, 11, 14, 16, 17, 19, 20.

Cons of drinking (drug use) are items: 1, 3, 5, 6, 8, 10, 12, 13, 15, 18.

To get the average number of pros endorsed, add up the total number of points from the items and divide by 10. Example: Pros of drinking (drug use) = $\frac{\text{Sum of items } (2+4+7+9+11+14+16+17+19+20)}{10}$

To get the average number of cons endorsed, add up the total number of points from the items and divide by 10. Example: Cons of drinking (drug use) = $\frac{\text{Sum of items } (1+3+5+6+8+10+12+13+15+18)}{10}$

Alcohol Effects Questionnaire

This questionnaire consists of a series of statements that describe possible effects following alcohol use. We would like to find out about your present beliefs about alcohol.

Please read each of the statements and respond according to your experiences with a heavy (5 drinks or more per occasion) amount of alcohol. If you believe alcohol sometimes or always has the stated effect on you, check AGREE. If you believe alcohol never has the stated effect on you, check DISAGREE.

Then, in the column to the far right, fill in the number that best corresponds to the strength of your belief, according to the following scale:

1	2	3	4	5	6	7	8	9	10
Mildly									Strongly
Believe									Believe

For example, if you strongly believe that alcohol makes you more intelligent, you would check AGREE and enter a “10” in the far column.

Please answer every question without skipping any.

For a HEAVY (5 or more drinks per occasion) amount of alcohol

	Agree	Disagree	Strength of Belief
1. Drinking makes me feel flushed.	_____	_____	_____
2. Alcohol decreases muscular tension in my body.	_____	_____	_____
3. Drinking makes me feel less shy.	_____	_____	_____
4. Alcohol enables me to fall asleep much more easily.	_____	_____	_____
5. I feel powerful when I drink, as if I can really influence others to do what I want.	_____	_____	_____
6. I'm more clumsy after I drink.	_____	_____	_____
7. I'm more romantic when I drink.	_____	_____	_____
8. Drinking makes the future seem brighter to me.	_____	_____	_____
9. If I have had alcohol it is easier for me to tell someone off.	_____	_____	_____
10. I can't act as quickly when I've been drinking.	_____	_____	_____
11. Alcohol can act as an anesthetic for me; that is, it can deaden the pain.	_____	_____	_____

	Agree	Disagree	Strength of Belief
12. I often feel sexier after I've been drinking.	_____	_____	_____
13. Drinking makes me feel good.	_____	_____	_____
14. Alcohol makes me careless about my actions.	_____	_____	_____
15. Alcohol has a pleasant, cleansing, tingly taste to me.	_____	_____	_____
16. Drinking increases my aggressiveness.	_____	_____	_____
17. Alcohol seems like magic to me.	_____	_____	_____
18. Alcohol makes it hard for me to concentrate.	_____	_____	_____
19. After drinking, I'm a better lover.	_____	_____	_____
20. When I'm drinking, it is easier to open up and express my feelings.	_____	_____	_____
21. Drinking adds a certain warmth to social occasions for me.	_____	_____	_____
22. If I'm feeling restricted in any way, drinking makes me feel better.	_____	_____	_____
23. I can't think as quickly after I drink.	_____	_____	_____
24. Having drinks is a nice way for me to celebrate special occasions.	_____	_____	_____
25. Alcohol makes me worry less.	_____	_____	_____
26. Drinking makes me inefficient.	_____	_____	_____
27. Drinking is pleasurable because it's enjoyable for me to join in with other people who are enjoying themselves.	_____	_____	_____
28. After drinking, I am more sexually responsive.	_____	_____	_____
29. I feel more coordinated after I drink.	_____	_____	_____
30. I'm more likely to say embarrassing things after drinking.	_____	_____	_____
31. I enjoy having sex more if I've had alcohol.	_____	_____	_____
32. I'm more likely to get into an argument if I've had alcohol.	_____	_____	_____

	Agree	Disagree	Strength of Belief
33. Alcohol makes me less concerned about doing things well.	_____	_____	_____
34. Alcohol helps me sleep better.	_____	_____	_____
35. Drinking gives me more confidence in myself.	_____	_____	_____
36. Alcohol makes me more irresponsible.	_____	_____	_____
37. After drinking it is easier for me to pick a fight.	_____	_____	_____
38. Alcohol makes it easier for me to talk to people.	_____	_____	_____
39. If I have alcohol it is easier for me to express my feelings.	_____	_____	_____
40. Alcohol makes me more interesting.	_____	_____	_____

Alcohol Expectancy Questionnaire—III (Adult)

The following pages contain statements about the effects of alcohol. Read each statement carefully and respond according to your own personal thoughts, feelings, and beliefs about alcohol now. We are interested in what you think about alcohol, regardless of what other people might think.

If you think that the statement is true, or mostly true, or true some of the time, then mark (X) "Agree" on the answer sheet. If you think the statement is false, or mostly false, then mark (X) "Disagree" on the answer sheet. When the statements refer to drinking alcohol you may think in terms of drinking any alcoholic beverage, such as beer, wine, whiskey, liquor, rum, scotch, vodka, gin, or various alcoholic mixed drinks. Whether or not you have had actual drinking experiences yourself, you are to answer in terms of your beliefs about alcohol. It is important that you respond to every question.

PLEASE BE HONEST. REMEMBER, YOUR ANSWERS ARE CONFIDENTIAL.

RESPOND TO THESE ITEMS ACCORDING TO WHAT YOU PERSONALLY BELIEVE TO BE TRUE ABOUT ALCOHOL

(Mark "X" according to your beliefs)

	Agree	Disagree
1. Alcohol can transform my personality.	_____	_____
2. Drinking helps me feel whatever way I want to feel.	_____	_____
3. Some alcohol has a pleasant, cleansing, tingly taste.	_____	_____
4. Alcohol makes me feel happy.	_____	_____
5. Drinking adds a certain warmth to social occasions.	_____	_____
6. Sweet mixed drinks taste good.	_____	_____
7. When I am drinking, it is easier to open up and express my feelings.	_____	_____
8. Time passes quickly when I am drinking.	_____	_____
9. When they drink, women become more sexually relaxed.	_____	_____
10. Drinking makes me feel flushed.	_____	_____
11. I feel powerful when I drink, as if I can really influence others to do as I want.	_____	_____
12. Drinking increases male aggressiveness.	_____	_____

ANSWER ACCORDING TO WHAT YOU PERSONALLY BELIEVE NOW

	Agree	Disagree
13. Alcohol lets my fantasies flow more easily.	_____	_____
14. Drinking gives me more confidence in myself.	_____	_____
15. Drinking makes me feel good.	_____	_____
16. I feel more creative after I have been drinking.	_____	_____
17. Having a few drinks is a nice way to celebrate special occasions.	_____	_____
18. I can discuss or argue a point more forcefully after I have had a few drinks.	_____	_____
19. When I am drinking, I feel free to be myself and to do whatever I want.	_____	_____
20. Drinking makes it easier to concentrate on the good feelings I have at the time.	_____	_____
21. Alcohol allows me to be more assertive.	_____	_____
22. When I feel "high" from drinking, everything seems to feel better.	_____	_____
23. A drink or two makes the humorous side of me come out.	_____	_____
24. If I am nervous about having sex, alcohol makes me feel better.	_____	_____
25. Drinking relieves boredom.	_____	_____
26. I find that conversing with members of the opposite sex is easier for me after I have had a few drinks.	_____	_____
27. After a few drinks, I feel less sexually inhibited.	_____	_____
28. Drinking is pleasurable because it is enjoyable to join in with people who are enjoying themselves.	_____	_____
29. I like the taste of some alcoholic beverages.	_____	_____
30. If I am feeling restricted in any way, a few drinks make me feel better.	_____	_____
31. Men are friendlier when they drink.	_____	_____

ANSWER ACCORDING TO WHAT YOU PERSONALLY BELIEVE NOW

	Agree	Disagree
32. It is easier for me to meet new people if I've been drinking.	_____	_____
33. After a few drinks it is easier to pick a fight.	_____	_____
34. Alcohol can eliminate feelings of inferiority.	_____	_____
35. Alcohol makes women more sensuous.	_____	_____
36. If I have a couple of drinks, it is easier to express my feelings.	_____	_____
37. I feel less bothered by physical ills after a few drinks.	_____	_____
38. Alcohol makes me need less attention from others than I usually do.	_____	_____
39. Alcohol makes me more outspoken or opinionated.	_____	_____
40. After a few drinks, I feel more self-reliant than usual.	_____	_____
41. After a few drinks, I don't worry as much about what other people think of me.	_____	_____
42. When drinking, I do not consider myself totally accountable or responsible for my behavior.	_____	_____
43. Alcohol enables me to have a better time at parties.	_____	_____
44. Anything that requires a relaxed style can be facilitated by alcohol.	_____	_____
45. Drinking makes the future seem brighter.	_____	_____
46. I am not as tense if I am drinking.	_____	_____
47. I often feel sexier after I have had a couple of drinks.	_____	_____
48. Having a few drinks helps me relax in a social situation.	_____	_____
49. I drink when I am feeling mad.	_____	_____
50. Drinking alone or with one other person makes me feel calm and serene.	_____	_____

ANSWER ACCORDING TO WHAT YOU PERSONALLY BELIEVE NOW

	Agree	Disagree
51. After a few drinks, I feel brave and more capable of fighting.	_____	_____
52. Drinking can make me more satisfied with myself.	_____	_____
53. There is more camaraderie in a group of people who have been drinking.	_____	_____
54. My feelings of isolation and alienation decrease when I drink.	_____	_____
55. A few drinks make me feel less in touch with what is going on around me.	_____	_____
56. Alcohol makes me more tolerant of people I do not enjoy.	_____	_____
57. Alcohol helps me sleep better.	_____	_____
58. Drinking increases female aggressiveness.	_____	_____
59. I am a better lover after a few drinks.	_____	_____
60. Women talk more after they have had a few drinks.	_____	_____
61. Alcohol decreases muscular tension.	_____	_____
62. Alcohol makes me worry less.	_____	_____
63. A few drinks make it easier to talk to people.	_____	_____
64. After a few drinks, I am usually in a better mood.	_____	_____
65. Alcohol seems like magic.	_____	_____
66. Women can have orgasms more easily if they have been drinking.	_____	_____
67. At times, drinking is like permission to forget problems.	_____	_____
68. Drinking helps me get out of a depressed mood.	_____	_____

ANSWER ACCORDING TO WHAT YOU PERSONALLY BELIEVE NOW

	Agree	Disagree
69. After I have had a couple of drinks, I feel I am more of a caring, sharing person.	_____	_____
70. Alcohol decreases my feelings of guilt about not working.	_____	_____
71. I feel more coordinated after I drink.	_____	_____
72. Alcohol makes me more interesting.	_____	_____
73. A few drinks make me feel less shy.	_____	_____
74. If I am tense or anxious, having a few drinks makes me feel better.	_____	_____
75. Alcohol enables me to fall asleep more easily.	_____	_____
76. If I am feeling afraid, alcohol decreases my fears.	_____	_____
77. A couple of drinks make me more aroused or physiologically excited.	_____	_____
78. Alcohol can act as an anesthetic; that is, it can deaden pain.	_____	_____
79. I enjoy having sex more if I have had some alcohol.	_____	_____
80. I am more romantic when I drink.	_____	_____
81. I feel more masculine/feminine after a few drinks.	_____	_____
82. When I am feeling antisocial, drinking makes me more gregarious.	_____	_____
83. Alcohol makes me feel better physically.	_____	_____
84. Sometimes when I drink alone or with one other person it is easy to feel cozy and romantic.	_____	_____
85. I feel like a more happy-go-lucky person when I drink.	_____	_____
86. Drinking makes get-togethers more fun.	_____	_____

ANSWER ACCORDING TO WHAT YOU PERSONALLY BELIEVE NOW

	Agree	Disagree
87. Alcohol makes it easier to forget bad feelings.	_____	_____
88. After a few drinks, I am more sexually responsive.	_____	_____
89. If I am cold, having a few drinks will give me a sense of warmth.	_____	_____
90. It is easier to act on my feelings after I have had a few drinks.	_____	_____
91. I become lustful when I drink.	_____	_____
92. A couple of drinks make me feel more outgoing.	_____	_____
93. A drink or two can make me feel more wide awake.	_____	_____
94. Alcohol decreases my hostilities.	_____	_____
95. Alcohol makes me feel closer to people.	_____	_____
96. I tend to be less self-critical when I have something alcoholic to drink.	_____	_____
97. I find that conversing with members of the opposite sex is easier for me after I have had a few drinks.	_____	_____
98. Drinking makes me feel flushed.	_____	_____
99. It is easier to remember funny stories or jokes when I have been drinking.	_____	_____
100. After a few drinks, I am less submissive to those in positions of authority.	_____	_____
101. Alcohol makes me more talkative.	_____	_____
102. I am more romantic when I drink.	_____	_____
103. Men can have orgasms more easily if they have had a drink.	_____	_____
104. A drink or two is really refreshing after strenuous physical activity.	_____	_____
105. Alcohol enables me to have a better time at parties.	_____	_____
106. I can be more persuasive if I have had a few drinks.	_____	_____

ANSWER ACCORDING TO WHAT YOU PERSONALLY BELIEVE NOW

	Agree	Disagree
107. Drinking makes people feel more at ease in social situations.	_____	_____
108. Alcohol helps me sleep better.	_____	_____
109. After a drink, things like muscle aches and pains do not hurt as much.	_____	_____
110. Women are friendlier after they have had a few drinks.	_____	_____
111. Alcohol makes me worry less.	_____	_____
112. Alcohol makes it easier to act impulsively or make decisions quickly.	_____	_____
113. Alcohol makes me feel less shy.	_____	_____
114. Alcohol makes me more tolerant of people I do not enjoy.	_____	_____
115. Alcohol makes me need less attention from others than I usually do.	_____	_____
116. A drink or two can slow me down, so I do not feel so rushed or pressured for time.	_____	_____
117. I feel more sexual after a few drinks.	_____	_____
118. Alcohol makes me feel better physically.	_____	_____
119. Having a drink in my hand can make me feel secure in a difficult social situation.	_____	_____
120. Things seem funnier when I have been drinking, or at least I laugh more.	_____	_____

Alcohol Use Disorders Identification Test (AUDIT)

Please answer each question by checking one of the circles in the second column.

Q1	<input type="radio"/> Never <input type="radio"/> Monthly or less <input type="radio"/> 2-4 times per month <input type="radio"/> 2-3 times per week <input type="radio"/> 4+ times per week	How often do you have a drink containing alcohol?
Q2	<input type="radio"/> 1 or 2 <input type="radio"/> 3 or 4 <input type="radio"/> 5 or 6 <input type="radio"/> 7 to 9 <input type="radio"/> 10 or more	How many drinks containing alcohol do you have on a typical day when you are drinking?
Q3	<input type="radio"/> Never <input type="radio"/> Less than monthly <input type="radio"/> Monthly <input type="radio"/> Weekly <input type="radio"/> Daily or almost daily	How often do you have six or more drinks on one occasion?
Q4	<input type="radio"/> Never <input type="radio"/> Less than monthly <input type="radio"/> Monthly <input type="radio"/> Weekly <input type="radio"/> Daily or almost daily	How often during the last year have you found that you were not able to stop drinking once you had started?
Q5	<input type="radio"/> Never <input type="radio"/> Less than monthly <input type="radio"/> Monthly <input type="radio"/> Weekly <input type="radio"/> Daily or almost daily	How often in the last year have you failed to do what was normally expected of you because you were drinking?
Q6	<input type="radio"/> Never <input type="radio"/> Less than monthly <input type="radio"/> Monthly <input type="radio"/> Weekly <input type="radio"/> Daily or almost daily	How often during the last year have you needed a first drink in the morning to get yourself going after a heavy drinking session?
Q7	<input type="radio"/> Never <input type="radio"/> Less than monthly <input type="radio"/> Monthly <input type="radio"/> Weekly <input type="radio"/> Daily or almost daily	How often during the last year have you had a feeling of guilt or remorse about drinking?

Q8	<input type="radio"/> Never <input type="radio"/> Less than monthly <input type="radio"/> Monthly <input type="radio"/> Weekly <input type="radio"/> Daily or almost daily	How often during the last year have you been unable to remember what happened the night before because you had been drinking?
Q9	<input type="radio"/> No <input type="radio"/> Yes, but not in the last year <input type="radio"/> Yes, during the last year	Have you or someone else been injured as a result of your drinking?
Q10	<input type="radio"/> No <input type="radio"/> Yes, but not in the last year <input type="radio"/> Yes, during the last year	Has a relative, friend, doctor, or other health worker been concerned about your drinking or suggested that you cut down?

Your score on the AUDIT is ____.

A score of eight points or less is considered nonalcoholic, while nine points and above indicates alcoholism.

Your score of ____ does not indicate a problem with alcoholism.

Brief Situational Confidence Questionnaire (BSCQ)

Name: _____

Date: _____

Listed below are eight types of situations in which some people experience an alcohol or drug problem. Imagine yourself as you are right now in each of the following types of situations. Indicate on the scale provided how confident you are right now that you will be able to resist drinking heavily or resist the urge to use your primary drug in each situation by placing an "X" along the line, from 0% "Not at all confident" to 100% "Totally confident" as in the example below.

I feel ...



Right now I would be able to resist the urge to drink heavily or use my primary drug in situations involving...

1. UNPLEASANT EMOTIONS (e.g., If I were depressed about things in general; if everything were going badly for me).



2. PHYSICAL DISCOMFORT (e.g., If I were to have trouble sleeping; if I felt jumpy and physically tense).

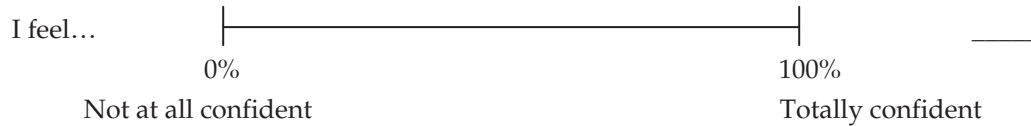


3. PLEASANT EMOTIONS (e.g., If something good happened and I felt like celebrating; if everything were going well).



Right now I would be able to resist the urge to drink heavily or use my primary drug in situations involving...

4. TESTING CONTROL OVER MY USE OF ALCOHOL OR DRUGS (e.g., If I were to start to believe that alcohol or drugs were no longer a problem for me; if I felt confident that I could handle drugs or several drinks).



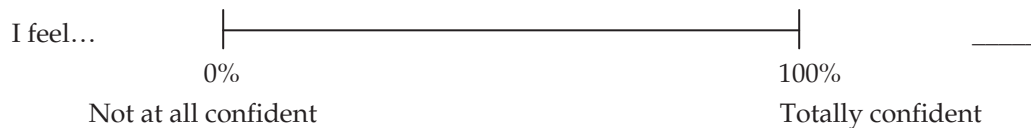
5. URGES AND TEMPTATIONS (e.g., If I suddenly had an urge to drink or use drugs; if I were in a situation where I had often used drugs or drank heavily).



6. CONFLICT WITH OTHERS (e.g., If I had an argument with a friend; if I were not getting along well with others at work).



7. SOCIAL PRESSURE TO USE (e.g., If someone were to pressure me to “be a good sport” and drink or use drugs with him; if I were invited to someone’s home and he offered me a drink or drugs).



8. PLEASANT TIMES WITH OTHERS (e.g., If I wanted to celebrate with a friend; if I were enjoying myself at a party and wanted to feel even better).



Personal Feedback Report

Location: _____

Name: _____ ID: _____

1. YOUR DRINKING _____

Number of standard “drinks” per week: _____ drinks

Your drinking relative to American adults (same sex): _____ percentile

2. LEVEL OF INTOXICATION _____

Estimated Blood Alcohol Concentration (BAC) peaks:

in a typical week: _____ mg %

on a heavier day of drinking: _____ mg %

3. RISK FACTORS _____

Tolerance Level:

_____ Low (0–60) _____ Medium (61–120) _____ High (121–180) _____ Very High (181 +)

Other Drug Risk:

_____ Low _____ Medium _____ High

Family Risk: _____

Low: 0–1 Medium: 2–3 High: 4–6 Very High: 7 +

MacAndrew Score: _____

Normal Range: 0–23 Medium Risk: 24–29 High Risk: 30 +

Age at Onset: _____ years

Under 25 Higher Risk 25–39 Medium Risk 40 + Lower Risk

4. NEGATIVE CONSEQUENCES _____

Severity of Problems

	Low	Medium	High	Very High
AUDIT	0–7	8–15	16–25	26–40

Your Score: _____

DRINC: Ever happened	Low	Medium	High	Very High
	55–60	61–75	76–90	91 +

Your Score: _____

(Additional information on attached sheet.)

5. BLOOD TESTS _____

SGOT (AST): _____ Normal range: 5–35

GGTP (GGT): _____ Normal range: 0–30 Low Normal 31–50 High Normal
51 + Elevated/Abnormal

SGPT (ALT): _____ Normal range: 7–56

Uric Acid: _____ Normal range: 2.6–5.6

Bilirubin: _____ Normal range: 0.2–1.2

6. NEUROPSYCHOLOGICAL TESTS _____

	Well Above Average	Above Average	Average	Below Average	Well Below Average
SV	1	2	3	4	5
TMTA	1	2	3	4	5
TMTB	1	2	3	4	5
SYDM	1	2	3	4	5
SHVA	1	2	3	4	5

Therapist: _____

Understanding Your Personal Feedback Report

The Personal Feedback Report summarizes results from your pretreatment evaluation. Your therapist has explained these to you. This information is to help you understand the written report you have received and to remember what your therapist told you.

Your report consists of two sheets. The first sheet provides information from your pretreatment interviews. Attached to this is a second sheet summarizing your answers to a questionnaire, the Alcohol Use Inventory. The following information is presented section by section to help you understand what your results mean.

1. *Your drinking*

The first line in this section shows the number of drinks that you reported having in a typical drinking week. Because different alcohol beverages vary in their strength, we have converted your regular drinking pattern into standard “one drink” units. In this system, one drink is equal to

10 ounces of beer	(5 percent alcohol) or
4 ounces of table wine	(12 percent alcohol) or
2.5 ounces of fortified wine	
(sherry, port, etc.)	(20 percent alcohol) or
1.25 ounces of 80 proof liquor	(40 percent alcohol) or
1 ounce of 100 proof liquor	(50 percent alcohol)

All of these drinks contain the same amount of the same kind of alcohol: one-half ounce of pure ethyl alcohol.

ONE STANDARD DRINK IS:

Beer	10 oz
Wine	4 oz
80 proof liquor	1¼ oz
100 proof liquor	1 oz

This first piece of information, then, tells you how many of these standard drinks you have been consuming per week of drinking, according to what you reported in your interview. (If you have not been drinking for a period of time recently, this refers to your pattern of drinking before you stopped.)

To give you an idea of how this compares with the drinking of American adults in general, the second number in section 1 is a *percentile* figure. This tells you what percentage of U.S. men (if you are a man) or women (if you are a woman) drink *less* than you reported drinking in a typical week of drinking. If this number were 60, for example, it would mean that your drinking is higher than 60 percent of Americans of your sex (or that 40 percent drink as much as you reported, or more).

How much is too much? It depends on many factors. Current research indicates that people who average *three* or more standard drinks per day have much higher risk of health and social problems. For some people, however, even 1–2 drinks per day would be too many. Pregnant women, for example, are best advised to abstain from alcohol altogether, because even small amounts of regular drinking have been found to increase risk for the unborn child. Certain health problems (such as liver disease) make even moderate drinking unsafe. Some people find that they are unable to drink moderately, and having even one or two drinks leads to intoxication.

Your total number of drinks per week tells only part of the story. It is *not* healthy, for example, to have 12 drinks per week by saving them all up for Saturdays. Neither is it safe to have even a few drinks and then drive. This raises the important question of level of intoxication.

2. Level of intoxication

A second way of looking at your past drinking is to ask what level of intoxication you have been reaching. It is possible to estimate the amount of alcohol that would be circulating in your bloodstream, based on the pattern of drinking you reported. Blood alcohol concentration (BAC) is an important indication of the extent to which alcohol would be affecting your body and behavior. It is used by police and the courts, for example, to determine whether a driver is too impaired to operate a motor vehicle.

To understand better what BAC means, consider the list of common effects of different levels of intoxication.

Common Effects of Different Levels of Intoxication	
20–60 mg %	This is the “normal” social drinking range. NOTE: Driving, even at these levels, is unsafe.
80 mg %	Memory, judgment, and perception are impaired. Legally intoxicated in some States.
100 mg %	Reaction time and coordination of movement are affected. Legally intoxicated in all States.
150 mg %	Vomiting may occur in normal drinkers; balance is often impaired.
200 mg %	Memory “blackout” may occur, causing loss of recall for events occurring while intoxicated.
300 mg %	Unconsciousness in a normal person, although some remain conscious at levels in excess of 600 mg % if tolerance is very high.
400–500 mg %	Fatal dose for a normal person, although some survive higher levels if tolerance is very high.

The two figures shown in section 2 are computer-calculated estimates of your highest (peak) BAC level during a typical week of drinking and during one of your heaviest days of drinking.

It is important to realize that there is no known “safe” level of intoxication when driving or engaging in other potentially hazardous activities (such as swimming, boating, hunting, and operating tools or machinery). Blood alcohol levels as low as 40–60 mg % can decrease crucial abilities. Adding to the danger, drinkers typically do not *realize* that they are impaired. The only safe BAC when driving is *zero*. If you must drive after drinking, plan to allow enough time for all of the alcohol to be eliminated from your body before driving. The tables below can be helpful in determining how long it takes to eliminate alcohol completely:

Approximate hours from first drink to zero alcohol concentration levels for MEN								
Number of Drinks	Your weight in pounds							
	120	140	160	180	200	220	240	260
1	2	2	2	1.5	1	1	1	1
2	4	3.5	3	3	2.5	2	2	2
3	6	5	4.5	4	3.5	3.5	3	3
4	8	7	6	5.5	5	4.5	4	3.5
5	10	8.5	7.5	6.5	6	5.5	5	4.5
One drink = 10 oz of beer or 4 oz of wine or 1 oz of liquor (100 proof)								

Approximate hours from first drink to zero alcohol concentration levels for WOMEN								
Number of Drinks	Your weight in pounds							
	120	140	160	180	200	220	240	260
1	3	2.5	2	2	2	1.5	1.5	1
2	6	5	4	4	3.5	3	3	2.5
3	9	7.5	6.5	5.5	5	4.5	4	4
4	12	9.5	8.5	7.5	6.5	6	5.5	5
5	15	12	10.5	9.5	8	7.5	7	6
One drink = 10 oz of beer or 4 oz of wine or 1 oz of liquor (100 proof)								

3. Risk factors

It is clear that some people have a much higher risk of alcohol and other drug problems. This section provides you with some information about your own level of risk, based on your personal characteristics. “High risk” does not mean that one will definitely have serious problems with alcohol or other drugs. Neither does “low risk” mean that one will be free of such problems. High-risk people, however, have greater chances of developing serious problems.

Tolerance

Your peak BAC levels, given in section 2, are one reasonably good reflection of your level of *tolerance* for alcohol. If you are reaching BAC levels beyond the normal social drinking range (especially if you are not feeling some of the normal effects of lower BACs), it means that you have a higher tolerance for alcohol. This is partly hereditary and partly the result of changes in the body that occur with heavier drinking. Some people are proud of this tolerance—the ability “to hold your liquor”—and think it means they are not being harmed by alcohol. Actually, the opposite is true. Tolerance for alcohol may be a serious *risk factor* for alcohol problems. The person with a high tolerance for alcohol reaches high BAC levels, which can damage the brain and other organs of the body but has *no built-in warning* that it is happening. Tolerance is not a protection against being harmed by drinking; to the contrary, it makes damage more likely because of the false confidence that it encourages. It is a bit like a person who has no sense of pain.

Pain is an important warning signal. People who feel no pain can seriously injure themselves without realizing it. It is the same with people who have a high tolerance for alcohol.

Many people believe that tolerance (“holding your liquor”) means that a person gets rid of alcohol at a faster rate than others. Although people do differ in how quickly their bodies can clear alcohol, tolerance has more to do with actually *being* at a high blood alcohol level and not feeling it.

Other drug use

A person who uses other drugs besides alcohol runs several additional risks. Decreased use of one drug may simply result in the increased use of another. The effects of different drugs can multiply when they are taken together, with dangerous results. A tolerance to one drug can increase tolerance to another, and it is common for multiple drug users to become addicted to several drugs. The use of other drugs, then, increases your risk for serious problems. Based on the lifetime drug use that you reported during your interview, your risk in this regard was judged to be low, medium, or high.

Family risk

People who have a family history of alcohol or other drug problems among their blood relatives clearly are at higher risk themselves. The exact reason for this higher risk is unknown, but it appears that the risk is inherited to an important extent. People may inherit a higher tolerance for alcohol or a body that is particularly sensitive to alcohol in certain ways. In any event, a family history of alcohol problems increases personal risk.

Personality pattern

Although there is no single personality style associated with alcohol and drug problems, certain patterns are linked to higher risk. One questionnaire you completed—the MacAndrew Scale—measures this particular kind of risk. People who score higher on this scale as teenagers, for example, have been found to have higher risk for developing serious problems with alcohol in adulthood.

Age at onset

Recent research indicates that the younger a person is when drinking problems start, the greater the person’s risk for developing serious consequences and dependence. Although serious problems can occur at any time of life, a younger beginning does represent a significant risk factor.

4. Negative consequences

From your pretreatment interview, two scores were calculated to reflect the current overall severity of your negative consequences from drinking.

AUDIT

The AUDIT is a scale devised by the World Health Organization to evaluate a person’s problematic involvement with alcohol. Higher scores reflect recent problems related to drinking.

DRINC

Another way to look at risks and effects of drinking is to add up alcohol’s negative effects throughout one’s lifetime. Your score on this scale reflects the extent to which your drinking has had negative effects over the course of your life thus far. The higher your score, the more harm has resulted from your drinking.

5. Blood tests

Your pretreatment evaluation also included a blood sample. These particular blood tests were chosen because they have been shown in previous research to be negatively affected by heavy drinking. You should realize that normal results on these tests do not guarantee that you are in good health (for example, that your liver is functioning completely normally). An abnormal score on one or more of these tests, however, probably reflects unhealthy changes in your body resulting from excessive use of alcohol and/or other drugs.

Research indicates that modestly abnormal scores on the blood tests reported here will often show improvement and a return to normal range when harmful drinking and other drug use patterns are changed. The longer one continues drinking, however, the more difficult it is to reverse the physical damage.

These tests are directly related to how the liver is working. Your liver is extremely important to your health. It is involved in producing energy, and it filters and neutralizes impurities and poisons in your bloodstream. Alcohol damages the liver, and after a long period of heavy drinking, parts of the liver begin to die. This is the process of cirrhosis, but physical changes in the liver can be caused by drinking long before cirrhosis appears. As the liver becomes damaged, it begins to leak enzymes into the blood and is less efficient in doing its work. This can be reflected in abnormally elevated values on the tests reported in this section.

Elevated values on any of these tests should be taken seriously. They do not happen by chance and are very likely related to physical changes in the body caused by excessive drinking. Consult a physician who is knowledgeable about the effects of alcohol on the body.

6. Neuropsychological tests

Some of the earliest damaging effects of drinking may be seen in certain types of abilities that are affected by alcohol. Certain patterns of brain impairment have been shown to be especially related to heavy drinking. The brain is very vulnerable to alcohol, and over a long span of time, a substantial amount of damage can occur in a heavy drinker. (Brain impairment from the use of certain other drugs has also been shown.)

Such damage occurs gradually. In later stages, it can be seen in x-rays of the brain, which show actual shrinkage and other changes in shape and density. Long before this occurs, however, harmful changes in brain functioning can be measured by psychological tests, several of which you completed. Research indicates that such negative effects can often be reversed, sometimes completely, if the individual stops or reduces drinking.

The four tests included in section 6 have been found to be related to heavy drinking. For comparison purposes, we include one test (SV) that is not usually affected by drinking to give you an idea of where your scores might normally be expected to fall. People who are heavy drinkers tend to score more poorly (higher) on the four alcohol-sensitive tests (TMTA, TMTB, SYDM, and SHVA) than on SV.

A high score on any one scale is not necessarily reason for concern. There are many reasons why a single score might be elevated. A *pattern* of elevated scores, however, resembles the kinds of problems that emerge among excessive drinkers. Studies of individuals currently in treatment for alcohol problems consistently show impairment on these measures.

Alcohol's effects on the brain have sometimes been described as "premature aging." The abnormal changes in the brain of a heavy drinker do resemble normal changes that occur with advanced age. For this reason, your scores reflected above take into account your present age. Scores of 4 or 5 represent below-average performance relative to others in your age group.

Summary

Your Personal Feedback Report summarizes a large amount of information that you provided during your pretreatment interviews. Sometimes this information can seem surprising or even discouraging. The best use of feedback like this is to consider it as you decide what, if anything, you will do about your drinking. Many of the kinds of problems covered in your Personal Feedback Report do improve when heavy drinking is stopped. What you do with this information is up to you. Your report is designed to give you a clear picture of where you are at present so that you can make good decisions about where you want to go from here.

Readiness To Change Questionnaire (Treatment Version) (RCQ-TV)

Note: The original 30-item Readiness To Change Questionnaire (Treatment Version) that appeared in this TIP was replaced with the 15-item version below. This newer version is described in the following article:

Heather, N.; Luce, A.; Peck, D.; Dunbar, B.; and James, I. Development of a treatment version of the Readiness to Change Questionnaire. *Addiction Research* 7:63–68, 1999.

The Questionnaire below is reprinted with permission from the Centre for Alcohol and Drug Studies, Newcastle City Health National Health Service Trust.

The following questions are designed to identify how you personally feel about your drinking right now. Please think about your current situation and drinking habits, even if you have given up drinking completely. Read each question below carefully, and then decide whether you agree or disagree with the statements. Please tick the answer of your choice to each question. If you have any problems please ask the questionnaire administrator.

Your answers are completely private and confidential

Key: SD = Strongly disagree D = Disagree U = Unsure
A = Agree SA = Strongly agree

		SD	D	U	A	SA	For office use only
1.	It's a waste of time thinking about my drinking because I do not have a problem.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> PC
2.	I enjoy my drinking but sometimes I drink too much.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> C
3.	I am trying to stop drinking or drink less than I used to.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> A
4.	There is nothing seriously wrong with my drinking.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> PC
5.	Sometimes I think I should quit or cut down on my drinking.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> C

	SD	D	U	A	SA	For office use only
6. Anyone can talk about wanting to do something about their drinking, but I'm actually doing something about it.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="text"/> A
7. I am a fairly normal drinker.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="text"/> PC
8. My drinking is a problem sometimes.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="text"/> C
9. I am actually changing my drinking habits right now (either cutting down or quitting).	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="text"/> A
10. Giving up or drinking less alcohol would be pointless for me.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="text"/> PC
11. I am weighing up the advantages and disadvantages of my present drinking habits.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="text"/> C
12. I have started to carry out a plan to cut down or quit drinking.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="text"/> A
13. There is nothing I really need to change about my drinking.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="text"/> PC
14. Sometimes I wonder if my drinking is out of control.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="text"/> C
15. I am actively working on my drinking problem.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="text"/> A

For Office Use Only

Please enter the subject's scores below:

Scale Scores

PC Score _____

C Score _____

A Score _____

Scoring the Readiness To Change Questionnaire (Treatment Version)

The scale score codes represent each of the stages of change: PC = Precontemplation; C = Contemplation; A = Action.

Items numbered 1, 4, 7, 10, and 13 = Precontemplation

Items numbered 2, 5, 8, 11, and 14 = Contemplation

Items numbered 3, 6, 9, 12, and 15 = Action

All items are to be scored on a 5-point ranging scale ranging from:

-2 = Strongly Disagree

-1 = Disagree

0 = Unsure

+1 = Agree

+2 = Strongly Agree

To calculate the score for each scale, simply add the item scores for the scale in question. The range of each scale is -10 through 0 to +10. A negative scale score reflects an overall disagreement with items measuring the stage of change, whereas a positive score represents overall agreement. The highest scale score represents the Stage of Change Designation.

Note: If two or more scale scores are equal, then the scale farther along the continuum of change (Precontemplation-Contemplation-Action) represents the subject's Stage of Change Designation. For example, if a subject scores 6 on the Precontemplation scale, 6 on the Contemplation scale and -2 on the Action scale, then the subject is assigned to the Contemplation stage.

If one of the five items on a scale is missing, the subject's score for that scale should be pro-rated (i.e. multiplied by 5/4 or 1.25). If two or more items are missing, the scale score cannot be calculated. In this case the Stage of Change Designation will be invalid.

Situational Confidence Questionnaire (SCQ-39)

Listed below are a number of situations or events in which some people experience a drinking problem.

Imagine yourself as you are right now in each of these situations. Indicate on the scale provided how confident you are that you would be able to resist the urge to drink heavily in that situation.

Circle 100 if you are 100 percent confident right now that you could resist the urge to drink heavily; 80 if you are 80 percent confident; 60 if you are 60 percent confident. If you are more unconfident than confident, circle 40 to indicate that you are only 40 percent confident that you could resist the urge to drink heavily; 20 for 20 percent confident; 0 if you have no confidence at all about that situation.

	I would be able to resist the urge to drink heavily					
	not at all confident					very confident
1. If I felt that I had let myself down	0	20	40	60	80	100
2. If there were fights at home	0	20	40	60	80	100
3. If I had trouble sleeping	0	20	40	60	80	100
4. If I had an argument with a friend	0	20	40	60	80	100
5. If other people didn't seem to like me	0	20	40	60	80	100
6. If I felt confident and relaxed	0	20	40	60	80	100
7. If I were out with friends and they stopped by the bar for a drink	0	20	40	60	80	100
8. If I were enjoying myself at a party and wanted to feel even better	0	20	40	60	80	100
9. If I remembered how good it tasted	0	20	40	60	80	100
10. If I convinced myself that I was a new person and could take a few drinks	0	20	40	60	80	100
11. If I were afraid that things weren't going to work out	0	20	40	60	80	100

	I would be able to resist the urge to drink heavily					
	not at all confident					very confident
12. If other people interfered with my plans	0	20	40	60	80	100
13. If I felt drowsy and wanted to stay alert	0	20	40	60	80	100
14. If there were problems with people at work	0	20	40	60	80	100
15. If I felt uneasy in the presence of someone	0	20	40	60	80	100
16. If everything were going well	0	20	40	60	80	100
17. If I were at a party and other people were drinking	0	20	40	60	80	100
18. If I wanted to celebrate with a friend	0	20	40	60	80	100
19. If I passed by a liquor store	0	20	40	60	80	100
20. If I wondered about my self-control over alcohol and felt like having a drink to try it out	0	20	40	60	80	100
21. If I were angry at the way things had turned out	0	20	40	60	80	100
22. If other people treated me unfairly	0	20	40	60	80	100
23. If I felt nauseous	0	20	40	60	80	100
24. If pressure built up at work because of the demands of my supervisor	0	20	40	60	80	100
25. If someone criticized me	0	20	40	60	80	100
26. If I felt satisfied with something I had done	0	20	40	60	80	100

	I would be able to resist the urge to drink heavily					
	not at all confident					very confident
27. If I were relaxed with a good friend and wanted to have a good time	0	20	40	60	80	100
28. If I were in a restaurant, and the people with me ordered drinks	0	20	40	60	80	100
29. If I unexpectedly found a bottle of my favorite booze	0	20	40	60	80	100
30. If I started to think that just one drink could cause no harm	0	20	40	60	80	100
31. If I felt confused about what I should do	0	20	40	60	80	100
32. If I felt under a lot of pressure from family members at home	0	20	40	60	80	100
33. If my stomach felt like it was tied in knots	0	20	40	60	80	100
34. If I were not getting along well with others at work	0	20	40	60	80	100
35. If other people around me made me tense	0	20	40	60	80	100
36. If I were out with friends “on the town” and wanted to increase my enjoyment	0	20	40	60	80	100
37. If I met a friend and he/she suggested that we have a drink together	0	20	40	60	80	100
38. If I suddenly had an urge to drink	0	20	40	60	80	100
39. If I wanted to prove to myself that I could take a few drinks without becoming drunk	0	20	40	60	80	100

Stages of Change Readiness and Treatment Eagerness Scale (SOCRATES 8A)

INSTRUCTIONS: Please read the following statements carefully. Each one describes a way that you might (or might not) feel *about your drinking*. For each statement, circle one number from 1 to 5, to indicate how much you agree or disagree with it *right now*. Please circle one and only one number for every statement.

	NO! Strongly Disagree	No Disagree	? Undecided or Unsure	Yes Agree	YES! Strongly Agree
1. I really want to make changes in my drinking.	1	2	3	4	5
2. Sometimes I wonder if I am an alcoholic.	1	2	3	4	5
3. If I don't change my drinking soon, my problems are going to get worse.	1	2	3	4	5
4. I have already started making some changes in my drinking.	1	2	3	4	5
5. I was drinking too much at one time, but I've managed to change my drinking.	1	2	3	4	5
6. Sometimes I wonder if my drinking is hurting other people.	1	2	3	4	5
7. I am a problem drinker.	1	2	3	4	5
8. I'm not just thinking about changing my drinking, I'm already doing something about it.	1	2	3	4	5
9. I have already changed my drinking, and I am looking for ways to keep from slipping back to my old pattern.	1	2	3	4	5
10. I have serious problems with drinking.	1	2	3	4	5
11. Sometimes I wonder if I am in control of my drinking.	1	2	3	4	5
12. My drinking is causing a lot of harm.	1	2	3	4	5
13. I am actively doing things now to cut down or stop drinking.	1	2	3	4	5

	NO! Strongly Disagree	No Disagree	? Undecided or Unsure	Yes Agree	YES! Strongly Agree
14. I want help to keep from going back to the drinking problems that I had before.	1	2	3	4	5
15. I know that I have a drinking problem.	1	2	3	4	5
16. There are times when I wonder if I drink too much.	1	2	3	4	5
17. I am an alcoholic.	1	2	3	4	5
18. I am working hard to change my drinking.	1	2	3	4	5
19. I have made some changes in my drinking, and I want some help to keep from going back to the way I used to drink.	1	2	3	4	5

For scoring and interpretation information of SOCRATES, see pp. 221–223.

Stages of Change Readiness and Treatment Eagerness Scale (SOCRATES 8D)

INSTRUCTIONS: Please read the following statements carefully. Each one describes a way that you might (or might not) feel *about your drug use*. For each statement, circle one number from 1 to 5, to indicate how much you agree or disagree with it *right now*. Please circle one and only one number for every statement.

	NO! Strongly Disagree	No Disagree	? Undecided or Unsure	Yes Agree	YES! Strongly Agree
1. I really want to make changes in my use of drugs.	1	2	3	4	5
2. Sometimes I wonder if I am an addict.	1	2	3	4	5
3. If I don't change my drug use soon, my problems are going to get worse.	1	2	3	4	5
4. I have already started making some changes in my use of drugs.	1	2	3	4	5
5. I was using drugs too much at one time, but I've managed to change that.	1	2	3	4	5
6. Sometimes I wonder if my drug use is hurting other people.	1	2	3	4	5
7. I have a drug problem.	1	2	3	4	5
8. I'm not just thinking about changing my drug use, I'm already doing something about it.	1	2	3	4	5
9. I have already changed my drug use, and I am looking for ways to keep from slipping back to my old pattern.	1	2	3	4	5
10. I have serious problems with drugs.	1	2	3	4	5
11. Sometimes I wonder if I am in control of my drug use.	1	2	3	4	5
12. My drug use is causing a lot of harm.	1	2	3	4	5

	NO! Strongly Disagree	No Disagree	? Undecided or Unsure	Yes Agree	YES! Strongly Agree
13. I am actively doing things now to cut down or stop my use of drugs.	1	2	3	4	5
14. I want help to keep from going back to the drug problems that I had before.	1	2	3	4	5
15. I know that I have a drug problem.	1	2	3	4	5
16. There are times when I wonder if I use drugs too much.	1	2	3	4	5
17. I am a drug addict.	1	2	3	4	5
18. I am working hard to change my drug use.	1	2	3	4	5
19. I have made some changes in my drug use, and I want some help to keep from going back to the way I used before.	1	2	3	4	5

SOCRATES Scoring Form (19-Item Version 8)

Transfer the client's answers from questionnaire (see note below):

Recognition	Ambivalence	Taking Steps
1 _____	2 _____	4 _____
3 _____	5 _____	
	6 _____	
7 _____		8 _____
	9 _____	
10 _____	11 _____	
12 _____		13 _____
	14 _____	
15 _____	16 _____	
17 _____		18 _____
		19 _____
Totals: Re: _____	Am: _____	Ts: _____
Possible		
Range: 7–35	4–20	8–40

SOCRATES Profile Sheet (19-Item Version 8A)

INSTRUCTIONS: From the SOCRATES Scoring Form (19-Item Version) transfer the total scale scores into the empty boxes at the bottom of the Profile Sheet. Then for each scale, CIRCLE the same value above it to determine the decile range.

DECILE SCORES	Recognition	Ambivalence	Taking Steps
90 (Very High)		19–20	39–40
80		18	37–38
70 (High)	35	17	36
60	34	16	34–35
50 (Medium)	32–33	15	33
40	31	14	31–32
30 (Low)	29–30	12–13	30
20	27–28	9–11	26–29
10 (Very Low)	7–26	4–8	8–25
RAW SCORES (from Scoring Sheet)	Re=	Am=	Ts=

These interpretive ranges are based on a sample of 1,726 adult men and women presenting for treatment of alcohol problems through Project MATCH. Note that individual scores are therefore being ranked as low, medium, or high *relative to people already presenting for alcohol treatment*.

Guidelines for Interpretation of SOCRATES-8 Scores

Using the SOCRATES Profile Sheet, circle the client's raw score within each of the three scale columns. This provides information as to whether the client's scores are low, average, or high *relative to people already seeking treatment for alcohol problems*. The following are provided as general guidelines for interpretation of scores, but it is wise in an individual case also to examine individual item responses for additional information.

RECOGNITION

HIGH scorers directly acknowledge that they are having problems related to their drinking, tending to express a desire for change and to perceive that harm will continue if they do not change.

LOW scorers deny that alcohol is causing them serious problems, reject diagnostic labels such as “problem drinker” and “alcoholic,” and do not express a desire for change.

AMBIVALENCE

HIGH scorers say that they sometimes *wonder* if they are in control of their drinking, are drinking too much, are hurting other people, and/or are alcoholic. Thus a high score reflects ambivalence or uncertainty. A high score here reflects some openness to reflection, as might be particularly expected in the contemplation stage of change.

LOW scorers say that they *do not wonder* whether they drink too much, are in control, are hurting others, or are alcoholic. Note that a person may score low on ambivalence *either* because he “knows” his drinking is causing problems (high Recognition), *or* because he “knows” that he does not have drinking problems (low Recognition). Thus a low Ambivalence score should be interpreted in relation to the Recognition score.

TAKING STEPS

HIGH scorers report that they are already doing things to make a positive change in their drinking and may have experienced some success in this regard. Change is under way, and they may want help to persist or to prevent backsliding. A high score on this scale has been found to be predictive of successful change.

LOW scorers report that they are not currently doing things to change their drinking and have not made such changes recently.

University of Rhode Island Change Assessment Scale (URICA)

Each statement below describes how a person might feel when starting therapy or approaching problems in his life. Please indicate the extent to which you tend to agree or disagree with each statement. In each case, make your choice in terms of how you feel right now, not what you have felt in the past or would like to feel. For all the statements that refer to your “problem,” answer in terms of problems related to your drinking (illegal drug use). The words “here” and “this place” refer to your treatment center.

There are five possible responses to each of the items in the questionnaire:

1 = Strongly Disagree

2 = Disagree

3 = Undecided

4 = Agree

5 = Strongly Agree

Circle the number that best describes how much you agree or disagree with each statement.

	STRONGLY DISAGREE	DISAGREE	UNDECIDED	AGREE	STRONGLY AGREE
1. As far as I'm concerned, I don't have any problems that need changing.	1	2	3	4	5
2. I think I might be ready for some self-improvement.	1	2	3	4	5
3. I am doing something about the problems that had been bothering me.	1	2	3	4	5
4. It might be worthwhile to work on my problem.	1	2	3	4	5
5. I'm not the problem one. It doesn't make much sense for me to consider changing.	1	2	3	4	5
6. It worries me that I might slip back on a problem I have already changed, so I am looking for help.	1	2	3	4	5
7. I am finally doing some work on my problem.	1	2	3	4	5

	STRONGLY DISAGRE	DISAGREE	UNDECIDED	AGREE	STRONGLY AGREE
8. I've been thinking that I might want to change something about myself.	1	2	3	4	5
9. I have been successful in working on my problem, but I'm not sure I can keep up the effort on my own.	1	2	3	4	5
10. At times my problem is difficult, but I'm working on it.	1	2	3	4	5
11. Trying to change is pretty much a waste of time for me because the problem doesn't have to do with me.	1	2	3	4	5
12. I'm hoping that I will be able to understand myself better.	1	2	3	4	5
13. I guess I have faults, but there's nothing that I really need to change.	1	2	3	4	5
14. I am really working hard to change.	1	2	3	4	5
15. I have a problem, and I really think I should work on it.	1	2	3	4	5
16. I'm not following through with what I had already changed as well as I had hoped, and I want to prevent a relapse of the problem.	1	2	3	4	5
17. Even though I'm not always successful in changing, I am at least working on my problem.	1	2	3	4	5

	STRONGLY DISAGREE	DISAGREE	UNDECIDED	AGREE	STRONGLY AGREE
18. I thought once I had resolved the problem I would be free of it, but sometimes I still find myself struggling with it.	1	2	3	4	5
19. I wish I had more ideas on how to solve my problem.	1	2	3	4	5
20. I have started working on my problem, but I would like help.	1	2	3	4	5
21. Maybe someone or something will be able to help me.	1	2	3	4	5
22. I may need a boost right now to help me maintain the changes I've already made.	1	2	3	4	5
23. I may be part of the problem, but I don't really think I am.	1	2	3	4	5
24. I hope that someone will have some good advice for me.	1	2	3	4	5
25. Anyone can talk about changing; I'm actually doing something about it.	1	2	3	4	5
26. All this talk about psychology is boring. Why can't people just forget about their problems?	1	2	3	4	5
27. I'm struggling to prevent myself from having a relapse of my problem.	1	2	3	4	5
28. It is frustrating, but I feel I might be having a recurrence of a problem I thought I had resolved.	1	2	3	4	5

	STRONGLY DISAGREE	DISAGREE	UNDECIDED	AGREE	STRONGLY AGREE
29. I have worries, but so does the next guy. Why spend time thinking about them?	1	2	3	4	5
30. I am actively working on my problem.	1	2	3	4	5
31. I would rather cope with my faults than try to change them.	1	2	3	4	5

What I Want From Treatment

William R. Miller and Janice M. Brown

Instructions

People have different ideas about what they want, need, and expect from treatment.

This questionnaire is designed to help you explain what you would *like* to have happen in your treatment. Many possibilities are listed. For each one, please indicate how much you would like for this to be part of your treatment.

You can do this by circling one number (0, 1, 2, or 3) for each item. This is what the numbers mean:

- 0 NO means that you definitely do NOT want or need this from treatment.
- 1 ? means that you are UNSURE. MAYBE you want this from treatment.
- 2 YES means that you DO want or need this from treatment.
- 3 YES! means that you DEFINITELY want or need this from treatment.

FOR EXAMPLE:

Consider item #1, which says, "I want to receive detoxification." If you definitely do NOT want or need to receive detoxification, you would circle 0. If you are UNSURE whether you want or need detoxification, you would circle 1. If you DO want detoxification, you would circle 2. If you DEFINITELY know that detoxification is an important goal for your treatment, you would circle 3.

If you have any questions about how to use this questionnaire, ask for assistance before you begin.

DO YOU WANT THIS FROM TREATMENT ? ⚡	NO 0	Maybe 1	Yes 2	YES! 3
1. I want to receive detoxification, to ease my withdrawal from alcohol or other drugs.	0	1	2	3
2. I want to find out for sure whether I have a problem with alcohol or other drugs.	0	1	2	3
3. I want help to stop drinking alcohol completely.	0	1	2	3
4. I want help to decrease my drinking.	0	1	2	3
5. I want help to stop using drugs (other than alcohol).	0	1	2	3

DO YOU WANT THIS FROM TREATMENT? ➡	NO 0	Maybe 1	Yes 2	YES! 3
6. I want to stop using tobacco.	0	1	2	3
7. I want to decrease my use of tobacco.	0	1	2	3
8. I want help with an eating problem.	0	1	2	3
9. I want help with a gambling problem.	0	1	2	3
10. I want to take Antabuse (a medication to help me stop drinking).	0	1	2	3
11. I want to take Trexan (a medication to help me stop using alcohol or heroin).	0	1	2	3
12. I want to take methadone.	0	1	2	3
13. I want to learn more about alcohol/drug problems.	0	1	2	3
14. I want to learn some skills to keep from returning to alcohol or other drugs.	0	1	2	3
15. I would like to learn more about 12-Step programs like Alcoholics Anonymous (AA) or Narcotics Anonymous (NA).	0	1	2	3
16. I would like to talk about some personal problems.	0	1	2	3
17. I need to fulfill a requirement of the courts.	0	1	2	3
18. I would like help with problems in my marriage or close relationship.	0	1	2	3
19. I want help with some health problems.	0	1	2	3
20. I want help to decrease my stress and tension.	0	1	2	3
21. I would like to improve my health by learning more about nutrition and exercise.	0	1	2	3
22. I want help with depression or moodiness.	0	1	2	3

DO YOU WANT THIS FROM TREATMENT? ⚡	NO 0	Maybe 1	Yes 2	YES! 3
23. I want to work on my spiritual growth.	0	1	2	3
24. I want to learn how to solve problems in my life.	0	1	2	3
25. I want help with angry feelings and how I express them.	0	1	2	3
26. I want to have healthier relationships.	0	1	2	3
27. I would like to discuss sexual problems.	0	1	2	3
28. I want to learn how to express my feelings in a more healthy way.	0	1	2	3
29. I want to learn how to relax better.	0	1	2	3
30. I want help in overcoming boredom.	0	1	2	3
31. I want help with feelings of loneliness.	0	1	2	3
32. I want to discuss having been physically abused.	0	1	2	3
33. I want help to prevent violence at home.	0	1	2	3
34. I want to discuss having been sexually abused.	0	1	2	3
35. I want to work on having better self-esteem.	0	1	2	3
36. I want help with sleep problems.	0	1	2	3
37. I want help with legal problems.	0	1	2	3
38. I want advice about financial problems.	0	1	2	3
39. I would like help in finding a place to live.	0	1	2	3
40. I could use help in finding a job.	0	1	2	3

DO YOU WANT THIS FROM TREATMENT? ➡	NO 0	Maybe 1	Yes 2	YES! 3
41. Someone close to me has died or left, and I would like to talk about it.	0	1	2	3
42. I have thoughts about suicide, and I would like to discuss this.	0	1	2	3
43. I want help with personal fears and anxieties.	0	1	2	3
44. I want help to be a better parent.	0	1	2	3
45. I feel very confused and would like help with this.	0	1	2	3
46. I would like information about or testing for HIV/AIDS.	0	1	2	3
47. I want someone to listen to me.	0	1	2	3
48. I want to learn to have fun without drugs or alcohol.	0	1	2	3
49. I want someone to tell me what to do.	0	1	2	3
50. I want help in setting goals and priorities in my life.	0	1	2	3
51. I would like to learn how to manage my time better.	0	1	2	3
52. I want help to receive SSI/disability payments.	0	1	2	3
53. I want to find enjoyable ways to spend my free time.	0	1	2	3
54. I want help in getting my child(ren) back.	0	1	2	3
55. I would like to talk about my past.	0	1	2	3
56. I need help in getting motivated to change.	0	1	2	3
57. I would like to see a female counselor.	0	1	2	3
58. I would like to see a male counselor.	0	1	2	3
59. I would like to see the counselor I had before.	0	1	2	3

DO YOU WANT THIS FROM TREATMENT? ➡	NO 0	Maybe 1	Yes 2	YES! 3
60. I would like to see a doctor or nurse about medical problems.	0	1	2	3
61. I want to receive medication.	0	1	2	3
62. I would like my spouse or partner to be in treatment with me.	0	1	2	3
63. I would like to have private, individual counseling.	0	1	2	3
64. I would like to be in a group with people who are dealing with problems similar to my own.	0	1	2	3
65. I need someone to care for my children while I am in treatment.	0	1	2	3
66. I want my treatment to be short.	0	1	2	3
67. I believe I will need to be in treatment for a long time.	0	1	2	3

Is there anything else you would like from treatment? If so, please write on the back of this sheet.

Appendix C

Ordering Information for Assessment Instruments

Alcohol and Drug Consequences Questionnaire (ADCQ)

This instrument is not copyrighted and may be obtained by writing its developer:

John A. Cunningham, Ph.D.
Clinical Research Dissemination Unit
Addiction Research Foundation
33 Russell Street
Toronto, ON
Canada M5S 2S1
Phone: (416) 595-6701
Fax: (416) 595-6617
E-mail: jcunning@arf.org

Alcohol Effects Questionnaire (AEQ)

This instrument is in the public domain and may be downloaded from the Web site at
<http://www.ncbi.nlm.nih.gov/books/NBK64976/#A62222>

Alcohol Expectancy Questionnaire

This instrument is in the public domain and may be downloaded from the Web site at
<http://www.ncbi.nlm.nih.gov/books/NBK64976/#A62222>

Alcohol Use Disorders Identification Test (AUDIT)

This instrument is in the public domain and may be downloaded from the Web site at
<http://www.ncbi.nlm.nih.gov/books/NBK64976/#A62222>

Brief Situational Confidence Questionnaire (BSCQ)

This instrument is copyrighted and may be obtained by writing its author:

Linda Sobell, Ph.D.
NOVA Southeastern University
Center for Psychological Studies
3301 College Avenue
Fort Lauderdale, FL 33314
Phone: (954) 262-5811
Fax: (954) 262-3895
E-mail: sobelll@cps.nova.edu

Personal Feedback Report

This instrument is not copyrighted and may be obtained by writing its developer:

Project MATCH Series
National Institute on Alcohol Abuse and Alcoholism
P.O. Box 10686
Rockville, MD 10849-0686

Readiness To Change Questionnaire (Treatment Version) (RCQ-TV)

This instrument is copyrighted and may be obtained by contacting:

Professor Nick Heather
Consultant Clinical Psychologist
Newcastle City Health NHS Trust
Northern Regional Drug and Alcohol Service
Newcastle upon Tyne
United Kingdom
Fax: 44 191 219-5601

Situational Confidence Questionnaire (SCQ-39)

This instrument is copyrighted and may be obtained by writing the copyright holder:

Marketing Services
Addiction Research Foundation
33 Russell Street
Toronto, ON
Canada M5S 2S1
Phone: (416) 595-6557
Fax: (416) 593-4694

Stages of Change Readiness and Treatment Eagerness Scale (SOCRATES)

This instrument is in the public domain and may be obtained by contacting its author:

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University of New Mexico
Albuquerque, NM 87106
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University of Rhode Island Change Assessment Scale (URICA)

This instrument is in the public domain and may be obtained by contacting its author:

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E-mail: diclemen@umbc.edu

Other Resources

Allen, J.P., and Columbus, M. *Assessing Alcohol Problems: A Guide for Clinicians and Researchers*. Rockville, MD: National Institute on Alcohol Abuse and Alcoholism, 1995.

This volume contains psychometrically sound assessment instruments. A brief discussion is provided for each instrument, along with a copy of the instrument and scoring instructions. Examples of assessment instruments that may be used to enhance motivation include the Situational Confidence Questionnaire; AUDIT; self-monitoring form; the alcohol timeline; and daily drinking feedback. Free copies may be obtained by calling the National Clearinghouse for Alcohol and Drug Information at (800) 729-6686.

Sobell, L.C., and Sobell, M.B. *Timeline Follow-Back (TLFB)*. Toronto: Addiction Research Foundation, 1996.

Software is available to provide visual, easily understood feedback on individual consumption of alcohol, marijuana, cigarettes, or other substance use compared with norms. This interactive version allows the treatment provider or client to complete calendars onscreen and to generate printouts. A

user's guide contains a paper and pencil version of the calendar method. In addition, a video demonstrates techniques for conducting interviews using timeline follow-back data. To order, please contact the following:

Addiction Research Foundation
Marketing Services
33 Russell Street
Toronto, ON
Canada M5S 2S1
(800) 661-1111

Appendix D

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