

Severity of alcohol dependence questionnaire (ref 1)

NAME

AGE

SEX

Have you drunk any alcohol in the past six months? YES/ NO

During the past six months

1. The day after drinking alcohol, I woke up feeling sweaty.

ALMOST NEVER SOMETIMES OFTEN NEARLY ALWAYS

2. The day after drinking alcohol, my hands shook first thing in the morning.

ALMOST NEVER SOMETIMES OFTEN NEARLY ALWAYS

3. The day after drinking alcohol, my whole body shook violently first thing in the morning if I didn't have a drink.

ALMOST NEVER SOMETIMES OFTEN NEARLY ALWAYS

4. The day after drinking alcohol, I woke up absolutely drenched in sweat.

ALMOST NEVER SOMETIMES OFTEN NEARLY ALWAYS

5. The day after drinking alcohol, I dread waking up in the morning woke up absolutely drenched in sweat.

ALMOST NEVER SOMETIMES OFTEN NEARLY ALWAYS

6. The day after drinking alcohol, I was frightened of meeting people first thing in the morning. .

ALMOST NEVER SOMETIMES OFTEN NEARLY ALWAYS

7. The day after drinking alcohol, I felt at the edge of despair when I woke. .

ALMOST NEVER SOMETIMES OFTEN NEARLY ALWAYS

8. The day after drinking alcohol, I felt very frightened when I woke up at the edge of despair when I woke. .

ALMOST NEVER SOMETIMES OFTEN NEARLY ALWAYS

9. The day after drinking alcohol, I liked to have an alcohol drink in the morning.

ALMOST NEVER SOMETIMES OFTEN NEARLY ALWAYS

10. The day after drinking alcohol, I always gulped my first few alcoholic drinks down as quickly as possible.

ALMOST NEVER SOMETIMES OFTEN NEARLY ALWAYS

11. The day after drinking alcohol, I drank more alcohol in the morning to get rid of the shakes.

ALMOST NEVER SOMETIMES OFTEN NEARLY ALWAYS

12. The day after drinking alcohol, I had a very strong craving for a drink when I woke up.

ALMOST NEVER SOMETIMES OFTEN NEARLY ALWAYS

13. I drank more than a quarter of a bottle of spirits in a day (OR 1 bottle of wine OR 7 beers)

ALMOST NEVER SOMETIMES OFTEN NEARLY ALWAYS

14. I drank more than half a bottle of spirits per day (OR 2 bottles of wine OR 15 beers)

ALMOST NEVER SOMETIMES OFTEN NEARLY ALWAYS

15. I drank more than one bottle of spirits per day (OR 4 bottles of wine OR 30 beers)

ALMOST NEVER SOMETIMES OFTEN NEARLY ALWAYS

16. I drank more than two bottles of spirits per day (OR 8 bottles of wine OR 60 beers)

ALMOST NEVER SOMETIMES OFTEN NEARLY ALWAYS

Imagine the following situation:

1. You have **hardly drunk any alcohol for a few weeks.**

2. You then drink **very heavily** for **two days**.

How would you feel the **morning after** those two days of heavy drinking?

17. I would start to sweat.

NOT AT ALL SLIGHTLY MODERATELY QUITE A LOT

18. My hands would shake.

NOT AT ALL SLIGHTLY MODERATELY QUITE A LOT

19. My body would shake.

NOT AT ALL SLIGHTLY MODERATELY QUITE A LOT

20. I would be craving for a drink

NOT AT ALL SLIGHTLY MODERATELY QUITE A LOT

References

1 Stockwell, T., Sitharthan, T., McGrath, D. & Lang, E. (1994). The measurement of alcohol dependence and impaired control in community samples. *Addiction*, 89, 167-174.