

The Severity of Alcohol Dependence Questionnaire

Please recall a recent month when you were drinking in a way, which for you was fairly typical of a heavy drinking period

We want to know more about your drinking during this time and how often you experienced certain feelings. Please circle the number at the start of the answer that applied to you during this typical period of drinking.

Section 1

A) I wake up feeling sweaty

- 0** Almost Never
- 1** Some-times
- 2** Often
- 3** Nearly Always

B) My hands shaking first thing in the morning

- 0** Almost Never
- 1** Some-times
- 2** Often
- 3** Nearly Always

C) My whole body shakes violently first thing in the morning, if I don't have a drink

- 0** Almost Never
- 1** Some-times
- 2** Often
- 3** Nearly Always

D) I wake up absolutely drenched in sweat

- 0** Almost Never
- 1** Some-times
- 2** Often
- 3** Nearly Always

E) I dread waking up in the morning

- 0** Almost Never
- 1** Some-times
- 2** Often
- 3** Nearly Always

F) I am frightened of meeting people first thing in the morning

- 0 Almost Never
- 1 Some-times
- 2 Often
- 3 Nearly Always

G) I feel on the edge of despair when I wake up

- 0 Almost Never
- 1 Some-times
- 2 Often
- 3 Nearly Always

H) I feel very frightened when I wake up

- 0 Almost Never
- 1 Some-times
- 2 Often
- 3 Nearly Always

I) I like to have a morning drink

- 0 Almost Never
- 1 Some-times
- 2 Often
- 3 Nearly Always

J) I always gulp down my morning drink as quickly as possible

- 0 Almost Never
- 1 Some-times
- 2 Often
- 3 Nearly Always

K) I drink in the morning to get rid of the shakes

- 0 Almost Never
- 1 Some-times
- 2 Often
- 3 Nearly Always

L) I have a very strong craving for a drink when I wake up

- 0 Almost Never
- 1 Some-times
- 2 Often
- 3 Nearly Always

M) I drink more than 1/4 bottle of spirits or 4 pints beer or 1 bottle of wine per day

- 0 Almost Never
- 1 Some-times
- 2 Often
- 3 Nearly Always

N) I drink more than 1/2 bottle of spirits or 8 pints beer or 2 bottles wine per day

- 0 Almost Never
- 1 Some-times
- 2 Often
- 3 Nearly Always

O) I drink more than 1 bottle of spirits or 15 pints beer or 4 bottles of wine per day

- 0 Almost Never
- 1 Some-times
- 2 Often
- 3 Nearly Always

P) I drink more than 2 bottles of spirits or 30 pints beer or 8 bottles of wine per day

- 0 Almost Never
- 1 Some-times
- 2 Often
- 3 Nearly Always

Section 2

FOR THE NEXT 4 QUESTIONS:

Imagine you have been abstinent for a few weeks, then drink heavily for a couple of days.

Q) The morning after would you start to sweat?

- 0 Not at all
- 1 Slightly
- 2 Moderately
- 3 A lot
- 3 I haven't been abstinent for that long, so it's hard to say

R) The morning after would your hands shake?

- 0 Not at all
- 1 Slightly

- 2 Moderately
- 3 A lot
- 3 I haven't been abstinent for that long, so it's hard to say

S) The morning after would your body shake?

- 0 Not at all
- 1 Slightly
- 2 Moderately
- 3 A lot
- 3 I haven't been abstinent for that long, so it's hard to say

T) The morning after would you be craving a drink?

- 0 Not at all
- 1 Slightly
- 2 Moderately
- 3 A lot
- 3 I haven't been abstinent for that long, so it's hard to say

SCORE

Add up the numbers you've circled.

A score of **less than 3** indicates **no alcohol dependence**

A score **between 4 and 20** indicates **mild dependence**

A score **between 20 and 30** indicates **moderate dependence**

A score of **over 30** indicates **severe dependence**

Adapted from: Stockwell, T., Murphy, D. & Hodgson, R. (1983). The severity of alcohol dependence questionnaire: Its use, reliability and validity. British Journal of Addiction, 78(2), 45-156.

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