

Appendix 1

Task sheets

Task 1

Am I physically dependent on alcohol?

This questionnaire is designed to help you assess the degree and nature of your drinking problems.

First of all, you'll need to recall a recent month when you were drinking heavily in a way which, for you, was fairly typical of a heavy drinking period.

Now fill in the month and year.

Month: _____

Year: _____

Please answer every question by putting a ring around the most appropriate answer.

1. During a heavy drinking period, I wake up feeling sweaty.

ALMOST NEVER SOMETIMES OFTEN
NEARLY ALWAYS

2. During a heavy drinking period, my hands shake first thing in the morning.

ALMOST NEVER SOMETIMES OFTEN
NEARLY ALWAYS

3. During a heavy drinking period, my whole body shakes violently first thing in the morning if I do not have a drink.

ALMOST NEVER SOMETIMES OFTEN
NEARLY ALWAYS

4. During a heavy drinking period, I wake up absolutely drenched in sweat.

ALMOST NEVER SOMETIMES OFTEN
NEARLY ALWAYS

The following statements refer to moods and states of mind you may have experienced first thing in the morning during these periods of heavy drinking.

5. When I'm drinking heavily, I dread waking up in the morning.

ALMOST NEVER SOMETIMES OFTEN
NEARLY ALWAYS

6. During a heavy drinking period, I am frightened of meeting people first thing in the morning.

ALMOST NEVER SOMETIMES OFTEN
NEARLY ALWAYS

7. During a heavy drinking period, I feel at the edge of despair when I awake.

ALMOST NEVER SOMETIMES OFTEN
NEARLY ALWAYS

8. During a heavy drinking period, I feel very frightened when I awake.

ALMOST NEVER SOMETIMES OFTEN
NEARLY ALWAYS

9. During a heavy drinking period, I like to have a morning drink.

ALMOST NEVER SOMETIMES OFTEN
NEARLY ALWAYS

10. During a heavy drinking period, I always gulp my first few morning drinks down as quickly as possible.

ALMOST NEVER SOMETIMES OFTEN
NEARLY ALWAYS

11. During a heavy drinking period, I drink in the morning to get rid of the shakes.

ALMOST NEVER SOMETIMES OFTEN
NEARLY ALWAYS

12. During a heavy drinking period, I have a strong craving for a drink when I awake.

ALMOST NEVER SOMETIMES OFTEN
NEARLY ALWAYS

13. During a heavy drinking period, I drink more than a quarter of a bottle of spirits per day (4 doubles or 1 bottle of wine or 4 pints of beer).

ALMOST NEVER SOMETIMES OFTEN
NEARLY ALWAYS

14. During a heavy drinking period, I drink more than half a bottle of spirits per day (or 2 bottles of wine or 8 pints of beer).

ALMOST NEVER SOMETIMES OFTEN
NEARLY ALWAYS

15. During a heavy drinking period, I drink more than one bottle of spirits per day (or 4 bottles of wine or 15 pints of beer).

ALMOST NEVER SOMETIMES OFTEN
NEARLY ALWAYS

16. During a heavy drinking period, I drink more than 2 bottles of spirits per day (or 8 bottles of wine or 30 pints of beer).

Imagine the following situation

- (1) You have been COMPLETELY OFF drink 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

