

Name:

MRN:

Date:

**Urge to Drink Scale**

INSTRUCTIONS: The following questions are designed to help you assess an important aspect of your recovery status: the urge to drink. Complete this form by thinking about the **past week** and placing a check mark next to the response that is most true for you.

1. How often have you thought about drinking or about how good a drink would make you feel during this period?

- (0)\_\_ Never, that is, 0 times during this period of time.
- (1)\_\_ Rarely, that is, 1 to 2 times during this period of time.
- (2)\_\_ Occasionally, that is, 3 to 4 times during this period of time.
- (3)\_\_ Sometimes, that is, 5 to 10 times during this period or 1 to 2 times a day.
- (4)\_\_ Often, that is, 11 to 20 times during this period or 2 to 3 times a day.
- (5)\_\_ Most of the time, that is, 20 to 40 times during this period or 3 to 6 times a day.
- (6)\_\_ Nearly all of the time, that is, more than 40 times during this period or more than 6 times a day.

2. At its most severe point, how strong was your urge to drink during this period?

- (0)\_\_ None at all.
- (1)\_\_ Slight, that is, a very mild urge.
- (2)\_\_ Mild urge.
- (3)\_\_ Moderate urge.
- (4)\_\_ Strong urge but easily controlled.
- (5)\_\_ Strong urge and difficult to control.
- (6)\_\_ Strong urge and would have drunk alcohol if it were available.

3. How much time have you spent thinking about drinking or about how good a drink would make you feel during this period?

- (0)\_\_ None at all.
- (1)\_\_ Less than 20 minutes.
- (2)\_\_ 21 to 45 minutes.
- (3)\_\_ 46 to 90 minutes.
- (4)\_\_ 90 minutes to 3 hours.
- (5)\_\_ Between 3 to 6 hours.
- (6)\_\_ More than 6 hours.

4. How difficult would it have been to resist taking a drink during this period of time if you had known a bottle was in your house?

- (0)\_\_ Not difficult at all.
- (1)\_\_ Very mildly difficult.
- (2)\_\_ Mildly difficult.
- (3)\_\_ Moderately difficult.
- (4)\_\_ Very difficult.
- (5)\_\_ Extremely difficult.
- (6)\_\_ Would not be able to resist.

5. Keeping in mind your responses to the previous questions, please rate your overall average urge to drink alcohol for the stated period of time.

- (0)\_\_ Never thought about drinking and never had the urge to drink.
- (1)\_\_ Rarely thought about drinking and rarely had the urge to drink.
- (2)\_\_ Occasionally thought about drinking and occasionally had the urge to drink.
- (3)\_\_ Sometimes thought about drinking and sometimes had the urge to drink.
- (4)\_\_ Often thought about drinking and often had the urge to drink.
- (5)\_\_ Thought about drinking most of the time and had the urge to drink most of the time.
- (6)\_\_ Thought about drinking nearly all of the time and had the urge to drink nearly all of the time.

**Total:\_\_\_\_\_**