

Desired Effects of Drinking

Drinking alcohol can have many different effects. What results or effects have you wanted from drinking alcohol *during the past three months*? Read each effect/result of drinking on the left and indicate how much this was an effect of drinking you *wanted* during the past three months.

| During the past 3 months, how often did you want this effect from drinking alcohol? | | Never 0 | Sometimes 1 | Frequently 2 | Always 3 |
|---|---|------------|----------------|-----------------|-------------|
| 1. | to enjoy the taste | 0 | 1 | 2 | 3 |
| 2. | to feel more creative | 0 | 1 | 2 | 3 |
| 3. | to change my mood | 0 | 1 | 2 | 3 |
| 4. | to relieve pressure or tension | 0 | 1 | 2 | 3 |
| 5. | to be sociable | 0 | 1 | 2 | 3 |
| 6. | to get drunk or intoxicated | 0 | 1 | 2 | 3 |
| 7. | to feel more powerful | 0 | 1 | 2 | 3 |
| 8. | to feel more romantic | 0 | 1 | 2 | 3 |
| 9. | to feel less depressed | 0 | 1 | 2 | 3 |
| 10. | to feel less disappointed in yourself | 0 | 1 | 2 | 3 |
| 11. | to be more mentally alert | 0 | 1 | 2 | 3 |
| 12. | to feel good | 0 | 1 | 2 | 3 |
| 13. | to be able to avoid thoughts or feelings associated with a bad experience | 0 | 1 | 2 | 3 |
| 14. | to feel more comfortable in social situations | 0 | 1 | 2 | 3 |
| 15. | to get over a hangover | 0 | 1 | 2 | 3 |
| 16. | to feel brave and capable of fighting | 0 | 1 | 2 | 3 |
| 17. | to be a better lover | 0 | 1 | 2 | 3 |
| 18. | to control my anger | 0 | 1 | 2 | 3 |
| 19. | to feel less angry with myself | 0 | 1 | 2 | 3 |
| 20. | to be able to think better | 0 | 1 | 2 | 3 |
| 21. | to celebrate | 0 | 1 | 2 | 3 |
| 22. | to control painful memories of a bad experience | 0 | 1 | 2 | 3 |

| During the past 3 months, how often did you want this effect from drinking alcohol? | | Never 0 | Sometimes 1 | Frequently 2 | Always 3 |
|--|--|--------------------|------------------------|-------------------------|---------------------|
| 23. | to be able to meet people | 0 | 1 | 2 | 3 |
| 24. | to sleep | 0 | 1 | 2 | 3 |
| 25. | to be able to express anger | 0 | 1 | 2 | 3 |
| 26. | to feel more sexually excited | 0 | 1 | 2 | 3 |
| 27. | to feel less shame | 0 | 1 | 2 | 3 |
| 28. | to feel more satisfied with myself | 0 | 1 | 2 | 3 |
| 29. | to be able to work or concentrate better | 0 | 1 | 2 | 3 |
| 30. | to relax | 0 | 1 | 2 | 3 |
| 31. | to forget about problems | 0 | 1 | 2 | 3 |
| 32. | to have a good time | 0 | 1 | 2 | 3 |
| 33. | to stop the shakes or tremors | 0 | 1 | 2 | 3 |
| 34. | to be able to find the courage to do things that are risky | 0 | 1 | 2 | 3 |
| 35. | to enjoy sex more | 0 | 1 | 2 | 3 |
| 36. | to reduce fears | 0 | 1 | 2 | 3 |
| 37. | to feel less guilty | 0 | 1 | 2 | 3 |

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Scoring the Desired Effects of Drinking Questionnaire

Score the Desired Effects of Drinking questionnaire using the key below. Each item can contribute up to three points to the subscale score, and each subscale contains four items, for a maximum possible score of 12 on each subscale.

Desired Effects of Drinking Key

| | Scale | Items | | | | Totals |
|-------------|---------------------|-------|----|----|----|--------|
| A | Assertion | 7 | 16 | 25 | 34 | |
| D | Drug Effects | 6 | 15 | 24 | 33 | |
| M | Mental | 2 | 11 | 20 | 29 | |
| N | Negative Feelings | 9 | 18 | 27 | 36 | |
| P | Positive Feelings | 3 | 12 | 21 | 30 | |
| R | Relief | 4 | 13 | 22 | 31 | |
| S | Self Esteem | 10 | 19 | 28 | 37 | |
| SE | Sexual Enhancement | 8 | 17 | 26 | 35 | |
| SF | Social Facilitation | 5 | 14 | 23 | 32 | |
| Total Score | | | | | | |

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