

SADQ

First of all, recall a recent month when you were drinking heavily in a way which, for you, was fairly typical of a heavy drinking period. Please fill in the month and year:

Month: _____ Year: _____

During this time and during other periods when your drinking was similar, how often did you experience the feelings listed below? Please reply to each statement by circling the number for the most accurate answer for each question.

These questions are about the physical symptoms that you have experienced first thing in the morning during these typical periods of heavy drinking.

PLEASE ANSWER EVERY QUESTION

Circle one answer.	Almost Never	Some- times	Often	Nearly Always
1. During a heavy drinking period, I wake up feeling sweaty.	0	1	2	3
2. During a heavy drinking period, my hands shake first thing in the morning.	0	1	2	3
3. During a heavy drinking period, my whole body shakes violently first thing in the morning if I don't have a drink.	0	1	2	3
4. During a heavy drinking period, I wake up absolutely drenched in sweat.	0	1	2	3

Please continue on the next page

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.

PLEASE ANSWER EVERY QUESTION

Circle one answer.	Almost Never	Some- times	Often	Nearly Always
5. When I'm drinking heavily, I dread waking up in the morning.	0	1	2	3
6. During a heavy drinking period, I am frightened of meeting people first thing in the morning.	0	1	2	3
7. During a heavy drinking period, I feel at the edge of despair when I awaken.	0	1	2	3
8. During a heavy drinking period, I feel very frightened when I awaken.	0	1	2	3

Please continue on the next page

The following statements also refer to the recent period when your drinking was heavy, and to periods like it.

PLEASE ANSWER EVERY QUESTION

Circle one answer.	Almost Never	Some- times	Often	Nearly Alway s
9. During a heavy drinking period, I like to have a morning drink.	0	1	2	3
10. During a heavy drinking period, I gulp my first few morning drinks down as quickly as possible.	0	1	2	3
11. During a heavy drinking period, I drink in the morning to get rid of the shakes.	0	1	2	3
12. During a heavy drinking period, I have a very strong craving for a drink when I awaken.	0	1	2	3

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Again the following statements refer to the recent period of heavy drinking and the periods like it.

PLEASE ANSWER EVERY QUESTION

Circle one answer.	Almost Never	Some- times	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 6 beers)	0	1	2	3
14. During a heavy drinking period, I drink more than half a bottle of spirits per day (or 2 bottles of wine, or 12 beers)	0	1	2	3
15. During a heavy drinking period, I drink more than one bottle of spirits per day (or 1 gallon of wine, or 24 beers)	0	1	2	3
16. During a heavy drinking period, I drink more than two bottles of spirits per day (or 2 gallons of wine, or 48 beers)	0	1	2	3

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IMAGINE THE FOLLOWING SITUATION:

(1) You have COMPLETELY ABSTAINED FROM 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?

PLEASE ANSWER EVERY QUESTION

Circle one answer.	Not at All	Slightly	Moderately	Quite a Lot
17. I would start to sweat.	0	1	2	3
18. My hands would shake.	0	1	2	3
19. My body would shake.	0	1	2	3
20. I would be craving for a drink.	0	1	2	3

Thank you!