

FOR OFFICE USE ONLY	
_____	Study
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SOCCOA- Revised 5/8/95 3 Pages	

Personal Drinking Questionnaire (SOCRATES 7A)

INSTRUCTIONS: Please read the following statements carefully. Each one describes a way that you might (or might not) feel about your drinking. For each statement, circle one number from 1 to 5, to indicate how much you agree or disagree with it right now. Please circle one and only one number for every statement.

Circle only one:	Strongly Disagree	Disagree	Undecided or Unsure	Agree	Strongly Agree
1. I really want to make changes in my drinking.	1	2	3	4	5
2. There are times when I wonder whether I drink too much.	1	2	3	4	5
3. I definitely have some problems related to my drinking.	1	2	3	4	5
4. I have already started making some changes in my drinking.	1	2	3	4	5
5. I was drinking too much at one time, but I've managed to change my drinking.	1	2	3	4	5
6. The only reason I'm here is that somebody made me come.	1	2	3	4	5
7. Sometimes I wonder if I am an alcoholic.	1	2	3	4	5
8. I really want to do something about my drinking	1	2	3	4	5
9. I'm not just thinking about changing my drinking, I'm already doing something about it.	1	2	3	4	5
10. I have already changed my drinking, and I am looking for ways to keep from slipping back to my old pattern.	1	2	3	4	5
11. I have serious problems with drinking.	1	2	3	4	5
12. Sometimes I wonder if my drinking is hurting other people.	1	2	3	4	5
13. I drink too much at times.	1	2	3	4	5

Circle only one:	Strongly Disagree	Disagree	Undecided or Unsure	Agree	Strongly Agree
14. I am actively doing things now to cut down or stop drinking.	1	2	3	4	5
15. I used to have problems with alcohol, but not any more.	1	2	3	4	5
16. I think I need to be coming to treatment for help with my drinking.	1	2	3	4	5
17. I question whether drinking is good for me.	1	2	3	4	5
18. If I don't change my drinking soon, my problems are going to get worse.	1	2	3	4	5
19. I have already been trying to change my drinking, and I am here to get more help with it.	1	2	3	4	5
20. Now that I have changed my drinking, it is important for me to hold onto the changes I've made.	1	2	3	4	5
21. I know that I have a drinking problem.	1	2	3	4	5
22. I am uncertain whether I drink too much.	1	2	3	4	5
23. It is definitely time for me to do something about the problems I have been having with alcohol.	1	2	3	4	5
24. I have started to carry out a plan to cut down or stop my drinking.	1	2	3	4	5
25. I want help to keep from going back to the drinking problems that I had before.	1	2	3	4	5
26. I am a fairly normal drinker.	1	2	3	4	5
27. Sometimes I wonder if I am in control of my drinking.	1	2	3	4	5
28. I am an alcoholic.	1	2	3	4	5
29. I am working hard to change my drinking.	1	2	3	4	5
30. I am worried that my previous problems with drinking might come back.	1	2	3	4	5

Circle only one:	Strongly Disagree	Disagree	Undecided or Unsure	Agree	Strongly Agree
31. I've had more trouble because of my drinking than most people do.	1	2	3	4	5
32. I don't think I have "a problem," but there are times when I wonder if I drink too much.	1	2	3	4	5
33. I am a problem drinker.	1	2	3	4	5
34. I know that my drinking has caused problems, and I am trying to do something about it.	1	2	3	4	5
35. I have made some changes in my drinking, and I want some help to keep from going back to the way I used to drink.	1	2	3	4	5
36. My problems are at least partly due to my own drinking.	1	2	3	4	5
37. I don't know whether or not I should change my drinking.	1	2	3	4	5
38. My drinking is causing a lot of harm.	1	2	3	4	5
39. I have a serious problem with drinking, and I have already started to overcome it.	1	2	3	4	5
40. I'm sober, and I want to stay that way.	1	2	3	4	5