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UAS000- Revised 7/94 3 Pages	

## UNDERSTANDING OF ALCOHOLISM SCALE (3C)

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**INSTRUCTIONS:** For each of the following statements, rate the extent to which you agree or disagree, using the rating scale provided. If you neither agree nor disagree with a statement, circle "3" (Unsure).

Do you agree ?	Strongly Disagree	Mostly Disagree	Unsure	Mostly Agree	Strongly Agree
1. A person's environment plays an important role in determining whether he or she develops alcoholism.	1	2	3	4	5
2. If an alcoholic has a drink, he or she loses control and is unable to keep from getting drunk.	1	2	3	4	5
3. Anyone can develop alcoholism if he or she drinks enough.	1	2	3	4	5
4. Denial is part of the personality of alcoholics.	1	2	3	4	5
5. People can be <u>born</u> alcoholic.	1	2	3	4	5
6. Alcoholics tend to be weak in morals or character.	1	2	3	4	5
7. Alcoholics Anonymous (AA) is the only really successful route to recovery.	1	2	3	4	5
8. Spiritual problems lie at the core of alcoholism.	1	2	3	4	5
9. Alcoholism is caused, in part, by growing up in a troubled family.	1	2	3	4	5
10. Alcoholics can sometimes learn to control their drinking.	1	2	3	4	5
11 Alcoholics who are drinking usually lie about how much they drink.	1	2	3	4	5
12. Anyone who has blackouts is an alcoholic.	1	2	3	4	5

<b>Do you agree ?</b>	<b>Strongly Disagree</b>	<b>Mostly Disagree</b>	<b>Unsure</b>	<b>Mostly Agree</b>	<b>Strongly Agree</b>
<b>13. As long as an alcoholic keeps drinking, the problems get worse.</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
<b>14. There are alcoholics in the world who have never had a drink.</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
<b>15. The more a person drinks, the greater the chances of becoming alcoholic.</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
<b>16. A person's genes determine whether he or she will be an alcoholic.</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
<b>17. Once a person is an alcoholic, he or she will always be an alcoholic.</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
<b>18. Alcoholism is, in part, a spiritual problem.</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
<b>19. Alcoholics who are drinking can't make good decisions for themselves.</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
<b>20. Alcoholism is caused, in part, by what one learns about alcohol and the drinking patterns of one's family and friends.</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
<b>21. Every alcoholic must accept that he or she is powerless over alcohol and can never drink again.</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
<b>22. In the long run, most alcoholics recover and live relatively normal lives.</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
<b>23. Drinking alcoholics are liars and cannot be trusted.</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
<b>24. There are only two possibilities for an alcoholic: lifelong abstinence or death.</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
<b>25. Unless alcoholics rely on God or a Higher Power, they will not recover.</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
<b>26. Some alcoholics recover without AA or any kind of treatment.</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>

<b>Do you agree ?</b>	<b>Strongly Disagree</b>	<b>Mostly Disagree</b>	<b>Unsure</b>	<b>Mostly Agree</b>	<b>Strongly Agree</b>
<b>27. The society or culture in which one grows up has a significant influence on whether or not one becomes alcoholic.</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
<b>28. Even when they are not drinking, alcoholics' bodies are different from those of nonalcoholics.</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
<b>29. A person can develop alcoholism because of underlying psychological problems.</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
<b>30. There are "problem drinkers" who have significant problems with alcohol, but who are not alcoholic.</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
<b>31. Most alcoholics relapse after treatment.</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
<b>32. The development of a spiritual faith is crucial for recovery from alcoholism.</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
<b>33. Every alcoholic is one drink away from a relapse.</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
<b>34. There are no shades of gray; either you are an alcoholic or you aren't.</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
<b>35. Weakness of character is an important cause of alcoholism.</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
<b>36. Alcoholics have a different personality than other people.</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
<b>37. Alcoholism is not caused by drinking.</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
<b>38. Alcoholics are more self-centered than other people.</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
<b>39. Compared to other people, alcoholics often show a lack of strong moral values, even before they begin drinking.</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
<b>40. Alcoholism is often caused, at least in part, by underlying emotional problems.</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>