

UNDERSTANDING OF ALCOHOLISM SCALE (3T)

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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).

FOR OFFICE USE ONLY	
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UASOOT- Revised 7/94 6 Pages	

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. It is important to treat an alcoholic's psychological problems such as depression and anxiety.	1	2	3	4	5
10. Alcoholism is caused, in part, by growing up in a dysfunctional family.	1	2	3	4	5

Do you agree ?	Strongly Disagree	Mostly Disagree	Unsure	Mostly Agree	Strongly Agree
11. If you can find a person early enough in the development of alcoholism, it is sometimes possible to teach them controlled drinking.	1	2	3	4	5
12. If an alcoholic isn't motivated, there is not much you can do to help him or her.	1	2	3	4	5
13. Alcoholics who are drinking usually lie about how much they drink.	1	2	3	4	5
14. There are special chemicals in the brains of alcoholics that make them react differently to alcohol.	1	2	3	4	5
15. Anyone who has blackouts is an alcoholic.	1	2	3	4	5
16. Alcoholism follows a single predictable path of progressive deterioration as long as the person keeps drinking.	1	2	3	4	5
17. There are alcoholics in the world who have never had a drink.	1	2	3	4	5
18. The denial of alcoholics is so strong that it is often necessary to use very strong confrontation to get them to accept reality.	1	2	3	4	5
19. The more a person drinks, the greater the chances of becoming alcoholic.	1	2	3	4	5
20. There is an alcoholic personality that can be seen as early as adolescence, even before the person starts using alcohol.	1	2	3	4	5
21. Some alcoholics wind up drinking moderately without problems.	1	2	3	4	5
22. It is necessary to treat the alcoholic's family, too, for the alcoholic to recover.	1	2	3	4	5

Do you agree ?	Strongly Disagree	Mostly Disagree	Unsure	Mostly Agree	Strongly Agree
23. Except during detoxification, alcoholics should not be given psychoactive medications.	1	2	3	4	5
24. There is no such thing as an "alcoholic personality." Alcoholics differ from each other as much as other people do.	1	2	3	4	5
25. A person's genes determine whether he or she will be an alcoholic.	1	2	3	4	5
26. Once a person is an alcoholic, he or she will always be an alcoholic.	1	2	3	4	5
27. Alcoholism is, in part, a spiritual deficit.	1	2	3	4	5
28. Drinking alcoholics can't make good decisions for themselves.	1	2	3	4	5
29. Alcoholism is caused, in part, by what one learns about alcohol and the drinking patterns of one's family and friends.	1	2	3	4	5
30. Every alcoholic must accept that he or she is powerless over alcohol and can never drink again.	1	2	3	4	5
31. Usually if alcoholics fail to recover in AA or treatment, it is because they are unmotivated and in denial.	1	2	3	4	5
32. In the long run, most alcoholics recover and live relatively normal lives.	1	2	3	4	5
33. Drinking alcoholics are liars and cannot be trusted.	1	2	3	4	5
34. An alcoholic who is sober for five years, then starts drinking again, is right back where he or she left off in the development of the disease.	1	2	3	4	5

Do you agree ?	Strongly Disagree	Mostly Disagree	Unsure	Mostly Agree	Strongly Agree
35. There are only two possibilities for an alcoholic: lifelong abstinence or death.	1	2	3	4	5
36. Unless the family is also treated, they are likely to undermine the alcoholic's recovery.	1	2	3	4	5
37. The clergy (pastors, priests, rabbis, healers) have an important role to play in the recovery of alcoholics.	1	2	3	4	5
38. Different kinds of alcoholics need different kinds of treatment.	1	2	3	4	5
39. Unless alcoholics rely on God or a Higher Power, they will not recover.	1	2	3	4	5
40. Some alcoholics recover without AA or any kind of treatment.	1	2	3	4	5
41. The society or culture in which one grows up has a significant influence on whether or not one becomes alcoholic.	1	2	3	4	5
42. Even when they are not drinking, alcoholics' bodies are different from those of nonalcoholics.	1	2	3	4	5
43. A person can develop alcoholism because of underlying psychological problems.	1	2	3	4	5
44. There are "problem drinkers" who have significant problems with alcohol, but who are not alcoholic.	1	2	3	4	5
45. Alcoholics who are forced into treatment do just as well as those who come into treatment on their own.	1	2	3	4	5
46. Most alcoholics relapse after treatment.	1	2	3	4	5

Do you agree ?	Strongly Disagree	Mostly Disagree	Unsure	Mostly Agree	Strongly Agree
47. In general, recovering alcoholics are more effective than nonalcoholics in treating alcoholism.	1	2	3	4	5
48. Members of alcoholics' families need to be treated for codependence.	1	2	3	4	5
49. The development of a spiritual faith is crucial for recovery.	1	2	3	4	5
50. Every alcoholic is one drink away from a relapse.	1	2	3	4	5
51. There are no shades of gray; either you are an alcoholic or you aren't.	1	2	3	4	5
52. Weakness of character is a fundamental cause of alcoholism.	1	2	3	4	5
53. It is appropriate to consider antidepressant drugs for alcoholics who are still depressed after months of sobriety.	1	2	3	4	5
54. Alcoholics have a distinct set of personality traits by which they can be identified.	1	2	3	4	5
55. One of the main reasons why alcoholics fail to recover is that they don't want to recover.	1	2	3	4	5
56. Alcoholism is not caused by drinking.	1	2	3	4	5
57. Alcoholics are more self-centered than other people.	1	2	3	4	5
58. Compared to other people, alcoholics often show a lack of strong moral values, even before they begin drinking.	1	2	3	4	5
59. Alcoholism is often caused, at least in part, by underlying emotional problems.	1	2	3	4	5

Do you agree ?	Strongly Disagree	Mostly Disagree	Unsure	Mostly Agree	Strongly Agree
60. How motivated an alcoholic will be for treatment depends largely on the skill of the counselor.	1	2	3	4	5
61. Alcoholics require longer and more intensive treatment than do drug addicts.	1	2	3	4	5
62. Alcoholics must change all aspects of their lifestyle if they hope to recover.	1	2	3	4	5
63. There is no point in continuing treatment with an alcoholic who is unmotivated to change.	1	2	3	4	5
64. The best person to help an alcoholic is another alcoholic who is in recovery.	1	2	3	4	5
65. Spirituality aids alcoholics in recovery by helping them to become humble and accepting.	1	2	3	4	5
66. The major stumbling block to recovery is the alcoholic's defiant personality.	1	2	3	4	5
67. Alcoholics cannot recover without developing humility.	1	2	3	4	5
68. Alcoholics who listen to the advice of their counselors have the best chance of recovery.	1	2	3	4	5
69. Alcoholics who show independence and strong opinions have a good chance for recovery.	1	2	3	4	5
70. the best way to help an alcoholic is to listen to what he or she has to say.	1	2	3	4	5