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WIGOOO- Revised 8/94 5 Pages

**WHAT I GOT FROM TREATMENT (2.0)**  
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**INSTRUCTIONS**

We would like to know what you received from treatment, from your own viewpoint. Many possibilities are listed. For each one, please indicate how much you actually received this as of your treatment here. You can do this by circling one number (0, 1, 2, or 3) for each item. This is what the numbers mean:

- 0 NO** This means that you definitely did NOT receive this from your treatment
- 1 A little** This means that you received A LITTLE of this from your treatment.
- 2 Yes** This means that you DID receive this as part of your treatment.
- 3 YES!** This means that you received A LOT of help with this as part of your treatment.

**FOR EXAMPLE:**

Consider item #1 which says, "I received detoxification."

If you definitely did NOT receive detoxification, you would circle 0.

If you received A LITTLE detoxification, you would circle 1.

If you DID receive detoxification, you would circle 2.

If you received A LOT of detoxification as part of your treatment, you would circle 3.

The fact that you received help does not necessarily mean that your treatment was successful. We would like to know, on this questionnaire, what kind of help you got in treatment, whether or not it worked.

If you have any questions about how to use this questionnaire, ask for assistance before you begin.

## WHAT DID YOU GET FROM TREATMENT?

### Section I: Addictive Behaviors

Did you get this from treatment?	NO 0	A little 1	Yes 2	YES! 3
1. I received detoxification, to ease my withdrawal from alcohol or other drugs.	0	1	2	3
2. I found out for sure whether I have a problem with alcohol or other drugs.	0	1	2	3
3. I was given help to stop drinking alcohol completely.	0	1	2	3
4. I was given help to decrease my drinking.	0	1	2	3
5. I was given help to stop using drugs (other than alcohol).	0	1	2	3
6. I was given help to decrease my use of drugs (other than alcohol)	0	1	2	3
7. I was given help to stop using tobacco.	0	1	2	3
8. I was given help to decrease my use of tobacco.	0	1	2	3
9. I received help with an eating problem.	0	1	2	3
10. I received help with a gambling problem.	0	1	2	3
11. I was given Antabuse to help me stop drinking.	0	1	2	3
12. I was given Trexan to help me stop using heroin.	0	1	2	3
13. I was given methadone.	0	1	2	3
14. I learned more about alcohol/drug problems.	0	1	2	3
15. I learned some skills to keep from returning to alcohol or other drugs.	0	1	2	3
16. I learned more about 12-step programs like Alcoholics Anonymous (AA) or Narcotics Anonymous (NA).	0	1	2	3

## Section II: Other Concerns

<b>Did you get this from treatment?</b>	<b>NO 0</b>	<b>A little 1</b>	<b>Yes 2</b>	<b>YES! 3</b>
<b>17. I talked about some personal problems.</b>	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>
<b>18. I fulfilled a requirement of the courts.</b>	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>
<b>19. I got help with problems in my marriage or close relationship.</b>	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>
<b>20. I got help with some health problems.</b>	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>
<b>21. I got help to decrease my stress and tension.</b>	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>
<b>22. I learned more about nutrition and exercise.</b>	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>
<b>23. I got help with depression or moodiness.</b>	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>
<b>24. I was helped to work on my spiritual growth.</b>	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>
<b>25. I learned how to solve problems in my life.</b>	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>
<b>26. I got help with angry feelings and how I express them.</b>	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>
<b>27. I was given help to have healthier relationships.</b>	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>
<b>28. I discussed sexual problems.</b>	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>
<b>29. I was shown how to express my feelings in a more healthy way.</b>	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>
<b>30. I was taught how to relax better.</b>	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>
<b>31. I got help in overcoming boredom.</b>	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>
<b>32. I received help with feelings of loneliness.</b>	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>
<b>33. I discussed having been physically abused.</b>	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>
<b>34. I was given help to prevent violence at home.</b>	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>
<b>35. I discussed having been sexually abused.</b>	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>
<b>36. I worked on having better self-esteem.</b>	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>
<b>37. I was given help with sleep problems.</b>	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>
<b>38. I was given help with legal problems.</b>	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>
<b>39. I was given advice about financial problems.</b>	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>

<b>Did you get this from treatment?</b>	<b>NO 0</b>	<b>A little 1</b>	<b>Yes 2</b>	<b>YES! 3</b>
<b>40. I received help in finding a place to live.</b>	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>
<b>41. I received help in finding a job.</b>	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>
<b>42. I received help in overcoming shyness.</b>	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>
<b>43. I talked about someone close to me who died or left.</b>	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>
<b>44. I discussed thoughts about suicide.</b>	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>
<b>45. I received help with personal fears or anxieties.</b>	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>
<b>46. I was given help to be a better parent.</b>	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>
<b>47. I received help with feelings of confusion.</b>	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>
<b>48. I received information about or testing for HIV/AIDS.</b>	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>
<b>49. My counselor listened to me.</b>	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>
<b>50. I learned about how to have fun without drugs or alcohol.</b>	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>
<b>51. My counselor told me what to do.</b>	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>
<b>52. I got help in setting goals and priorities in my life.</b>	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>
<b>53. I learned how to manage my time better.</b>	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>
<b>54. I got help to receive SSI/disability payments.</b>	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>
<b>55. I learned about more enjoyable ways to spend my free time.</b>	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>
<b>56. I was given help in getting my child(ren) back.</b>	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>
<b>57. I talked about my past.</b>	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>
<b>58. I received help in getting motivated to change.</b>	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>

**Section III: About the Kind of Treatment**

<b>Did you get this from treatment?</b>	<b>NO 0</b>	<b>A little 1</b>	<b>Yes 2</b>	<b>YES! 3</b>
<b>59. I saw a female counselor.</b>	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>
<b>60. I saw a male counselor.</b>	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>
<b>61. I had the same counselor I had seen before.</b>	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>
<b>62. I saw a doctor or nurse about medical problems.</b>	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>
<b>63. I received medication.</b>	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>
<b>64. My spouse or partner was involved in treatment with me.</b>	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>
<b>65. I had private, individual counseling.</b>	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>
<b>66. I was in a group with people who are dealing with problems similar to my own.</b>	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>
<b>67. Someone at the treatment program cared for my child(ren) while I was in treatment</b>	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>
<b>68. My treatment was short.</b>	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>
<b>69. I was in treatment for a long time.</b>	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>

**THANKS FOR YOUR HELP!**

**Is there anything else that you would like to say about what you got or did not get from treatment? If so, please write it on the lines below.**

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