

URGE TO DRINK SCALE*

* The Urge to Drink Scale is a modified version of the PACS. The rationale and psychometric properties of the PACS can be found in:
Flannery BA, Volpicelli JR, Pettinati HM. Psychometrics Properties of the Penn Alcohol Craving Scale.

INSTRUCTIONS: The following questions are designed to help you assess an important aspect of your recovery status: the urge to use. Complete the form by thinking about the past week and placing a check mark by the response that is most true for you.

1. How often have you thought about drinking or about how good a drink would make you feel during this period?

- Never, that is, 0 times during this period of time. ⁽⁰⁾
- Rarely, that is, 1 to 2 times during this period of time. ⁽¹⁾
- Occasionally, that is, 3 to 4 times during this period of time. ⁽²⁾
- Sometimes, that is, 5 to 10 times during this period or 1 to 2 times a day. ⁽³⁾
- Often, that is, 11 to 20 times during this period or 2 to 3 times a day. ⁽⁴⁾
- Most of the time, that is, 20 to 40 times during this period or 3 to 6 times a day. ⁽⁵⁾
- Nearly all of the time, that is, more than 40 times during this period or more than 6 times a day. ⁽⁶⁾

2. At its most severe point, how strong was your urge to drink during this period?

- None at all. ⁽⁰⁾
- Slight, that is a very mild urge. ⁽¹⁾
- Mild urge. ⁽²⁾
- Moderate urge. ⁽³⁾
- Strong urge, but easily controlled. ⁽⁴⁾
- Strong urge and difficult to control. ⁽⁵⁾
- Strong urge and would have drunk alcohol if it were available. ⁽⁶⁾

3. How much time have you spent thinking about drinking or about how good a drink would make you feel during this period?

- None at all. ⁽⁰⁾
- Less than 20 minutes. ⁽¹⁾
- 21-45 minutes. ⁽²⁾
- 46-90 minutes. ⁽³⁾
- 90 minutes — 3 hours. ⁽⁴⁾
- Between 3 to 6 hours. ⁽⁵⁾
- More than 6 hours. ⁽⁶⁾

4. How difficult would it have been to resist taking a drink during this period of time if you had known a bottle was in your house?

- Not difficult at all. ⁽⁰⁾
- Very mildly difficult. ⁽¹⁾
- Mildly difficult. ⁽²⁾
- Moderately difficult. ⁽³⁾
- Very difficult. ⁽⁴⁾
- Extremely difficult. ⁽⁵⁾
- Would not be able to resist. ⁽⁶⁾

5. Keeping in mind your responses to the previous questions, please rate your overall average alcohol urge to drink for the stated period of time?

- Never thought about drinking and never had the urge to drink. ⁽⁰⁾
- Rarely thought about drinking and rarely had the urge to drink. ⁽¹⁾
- Occasionally thought about drinking and occasionally had the urge to drink. ⁽²⁾
- Sometimes thought about drinking and sometimes had the urge to drink. ⁽³⁾
- Often thought about drinking and often had the urge to drink. ⁽⁴⁾
- Thought about drinking most of the time and had the urge to drink most of the time. ⁽⁵⁾
- Thought about drinking nearly all of the time and had the urge to drink nearly all of the time. ⁽⁶⁾

Score: _____

A score of 10 or more is in the significant range.

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Name:

Agency:

Date: