

# BRIEF ADDICTION MONITOR FORM

## SCALE SCORING

### USE

#### Scale Items

4. In the past 30 days, how many days did you drink ANY alcohol?  
0 = 0 (Skip to #6)  
1 = 1-3  
2 = 4-8  
3 = 9-15  
4 = 16-30
  
5. In the past 30 days, how many days did you have at least 5 drinks (if you are a man) or at least 4 drinks (if you are a woman)? [One drink is considered one shot of hard Liquor (1.5 oz.) or 12-ounce can/bottle of beer or 5 oz. glass of wine]  
0 = 0  
1 = 1-3  
2 = 4-8  
3 = 9-15  
4 = 16-30
  
6. In the past 30 days, how many days did you use any illegal/street drugs or abuse any prescription medications?  
0 = 0 (Skip to #8)  
1 = 1-3  
2 = 4-8  
3 = 9-15  
4 = 16-30

#### Computing the Scale Score

If item #5 is skipped due to a response of "0" for item #4, then the default response to #5 is "0" and *not considered missing*. The scale score is equal to the sum of the non-missing responses. If any responses are missing, then the scale score is not valid and therefore not computed.

### RISK FACTORS

#### Scale Items

1. In the past 30 days, would you say your physical health has been:  
0 = EXCELLENT  
1 = VERY GOOD  
2 = GOOD  
3 = FAIR  
4 = POOR
  
2. In the past 30 days, how many nights did you have trouble falling asleep or staying asleep?
3. In the past 30 days, how many days have you felt depressed, anxious, angry or very upset throughout most of the day?  
0 = 0  
1 = 1-3  
2 = 4-8  
3 = 9-15  
4 = 16-30

8. In the past 30 days, how much were you bothered by cravings or urges to drink alcohol or use drugs?  
0 = NOT AT ALL  
1 = SLIGHTLY  
2 = MODERATELY  
3 = CONSIDERABLY  
4 = EXTREMELY
11. In the past 30 days, how many days were you in any situations or with any people that might put you at an increased risk for using alcohol or drugs (i.e., around risky “people, places or things”)?  
0 = 0  
1 = 1-3  
2 = 4-8  
3 = 9-15  
4 = 16-30
15. In the past 30 days, how much have you been bothered by arguments or problems getting along with any family members or friends?  
0 = NOT AT ALL  
1 = SLIGHTLY  
2 = MODERATELY  
3 = CONSIDERABLY  
4 = EXTREMELY

### Computing the Scale Score

The scale score is equal to the sum of the non-missing responses. If any responses are missing, then the scale score is not valid and therefore not computed.

## PROTECTIVE FACTORS

### Scale Items

9. How confident are you in your ability to be completely abstinent (clean) from alcohol and drugs in the next 30 days?  
0 = NOT AT ALL  
1 = SLIGHTLY  
2 = MODERATELY  
3 = CONSIDERABLY  
4 = EXTREMELY
10. In the past 30 days, how many days did you attend self-help meetings like AA or NA to support your recovery?  
0 = 0  
1 = 1-3  
2 = 4-8  
3 = 9-15  
4 = 16-30
12. Does your religion or spirituality help support your recovery?  
0 = NOT AT ALL  
1 = SLIGHTLY  
2 = MODERATELY  
3 = CONSIDERABLY  
4 = EXTREMELY
13. In the past 30 days, how many days did you spend much of the time at work, school, or doing volunteer work?  
0 = 0  
1 = 1-3

- 2 = 4-8
- 3 = 9-15
- 4 = 16-30

14. Do you have enough income (from legal sources) to pay for necessities such as housing, transportation, food and clothing for yourself and your dependents?

- 0 = NO
- 4 = YES

16. In the past 30 days, how many days were you in contact or spent time with any family members or friends who are supportive of your recovery?

- 0 = 0
- 1 = 1-3
- 2 = 4-8
- 3 = 9-15
- 4 = 16-30

**Computing the Scale Score**

The scale score is equal to the sum of the non-missing responses. If any responses are missing, then the scale score is not valid and therefore not computed.