

# UNDERSTANDING OF ALCOHOLISM SCALE 3AC016-130131

Theresa Moyers & William R. Miller

Center on Alcoholism, Substance Abuse and Addiction; [casaa.unm.edu](http://casaa.unm.edu)

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INSTRUCTIONS: If you would like this completed scale returned to you while ensuring these results are anonymous, complete the anonymity code.

Anonymity Code: \_\_\_\_\_

- 1) First letter of your mother's first name \_\_\_\_\_ ↑
- 2) Last letter of your mother's last name \_\_\_\_\_ ↑
- 3) First digit of your social security number \_\_\_\_\_ ↑
- 4) Last digit of your social security number \_\_\_\_\_ ↑

For each of the following statements, circle one number that indicates the degree to which you agree or disagree. If you neither agree nor disagree with a statement, circle "3" (Unsure).

	<u>Strongly</u> <u>Disagree</u>	<u>Mostly</u> <u>Disagree</u>	<u>Unsure</u>	<u>Mostly</u> <u>Agree</u>	<u>Strongly</u> <u>Agree</u>
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 not a 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 a blackout is an alcoholic.	1	2	3	4	5
13 As long as an alcoholic keeps drinking, the problems get worse.	1	2	3	4	5
14 There are alcoholics in the world who have never had a drink.	1	2	3	4	5
15 The more a person drinks, the greater the chances of becoming alcoholic.	1	2	3	4	5

(over)

Do you agree?		<u>Strongly</u> <u>Disagree</u>	<u>Mostly</u> <u>Disagree</u>	<u>Unsure</u>	<u>Mostly</u> <u>Agree</u>	<u>Strongly</u> <u>Agree</u>
16	A person's genes determine whether he or she will be an alcoholic.	1	2	3	4	5
17	Once a person is an alcoholic, he or she will always be an alcoholic.	1	2	3	4	5
18	Alcoholism is, in part, a spiritual problem.	1	2	3	4	5
19	Alcoholics who are drinking can't make good decisions for themselves.	1	2	3	4	5
20	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
21	Every alcoholic must accept that he or she is powerless over alcohol and can never drink again.	1	2	3	4	5
22	In the long run, most alcoholics recovery and live relatively normal lives.	1	2	3	4	5
23	Drinking alcoholics are liars and cannot be trusted.	1	2	3	4	5
24	There are only two possibilities for an alcoholic: lifelong abstinence or death.	1	2	3	4	5
25	Unless alcoholics rely on God or a Higher Power, they will not recover.	1	2	3	4	5
26	Some alcoholics recover without AA or any kind of treatment.	1	2	3	4	5
27	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
28	Even when they are not drinking, alcoholics' bodies are different from those of nonalcoholics.	1	2	3	4	5
29	A person can develop alcoholism because of underlying psychological problems.	1	2	3	4	5
30	There are "problem drinkers" who have significant problems with alcohol, but who are not alcoholic.	1	2	3	4	5
31	Most alcoholics relapse after treatment.	1	2	3	4	5
32	The development of a spiritual faith is critical for recovery from alcoholism.	1	2	3	4	5
33	Every alcoholic is one drink away from a relapse.	1	2	3	4	5
34	There are no shades of gray; either you are an alcoholic or you aren't.	1	2	3	4	5
35	Weakness of character is an important cause of alcoholism.	1	2	3	4	5

(over)

Do you agree?	<u>Strongly</u> <u>Disagree</u>	<u>Mostly</u> <u>Disagree</u>	<u>Unsure</u>	<u>Mostly</u> <u>Agree</u>	<u>Strongly</u> <u>Agree</u>
36 Alcoholics do not have a different personality than other people.	1	2	3	4	5
37 Alcoholism is not caused by drinking.	1	2	3	4	5
38 Alcoholics are more self-centered than other people.	1	2	3	4	5
39 Compared to other people, alcoholics often show a lack of strong moral values, even before they begin drinking.	1	2	3	4	5
40 Alcoholism is often caused, at least in part, by underlying emotional problems.	1	2	3	4	5

Demographics

- A. Gender: ✓ all that apply ..... Female  Male  Trans
- B. Race: ✓ all that apply ..... African American or Black  Asian  American Indian  Alaska Native   
Native Hawaiian/Other Pacific Islander  Caucasian/White  Other: \_\_\_\_\_
- C. Are you Hispanic or Latino?..... Yes  No
- D. Age .....
- E. Marital status: ✓ all that apply ..... Single  Separated  Divorced  Widowed  Cohabiting  Married
- F. Highest grade of school you have completed: ✓ only one. ....4-year college degree  Some graduate school   
Master's or professional degree  Doctorate
- G. In what area is your highest degree? ✓ only one. ....Criminal justice  Social Work  Counseling   
Education  Psychology, sociology or other social science  Other: \_\_\_\_\_
- H. How long have you been employed in the following field? ✓ only one.....Other: \_\_\_\_\_   
Criminal/juvenile justice  human services (counseling, etc.)  \_\_\_\_\_  
Months      Years
- I. Current job title: \_\_\_\_\_ How long? ..... \_\_\_\_\_  
Months      Years
- J. I am in recovery from alcohol or other drug use. .... Yes  No  Don't know
- K. I am in recovery from a mental health condition. .... Yes  No  Don't know



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Record the number you circled for each item in the corresponding space below. Then, sum each column of numbers and divide by the number indicated at the bottom of each column.

	#1		
#2	#3		
		#4	
#5			#6
#7			#8
	#9		
	#10		
#11			
#12			
#13			
#14	#15		
#16			
#17			
#18			
#19	#20		
#21		#22	
#23			
#24			#25
		#26	
	#27		
#28	#29	#30	
	#31		#32
#33			
#34			#35
		#36	
#37			#38
	#40		#39
Sum:			
Divide by:	90	50	25
= (%):			
Disease Model	Psychosocial Model	Heterogeneity Model	Moral/Spiritual Model



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Moyers, T. B. & Miller, W. R. (1993). Therapists' conceptualization of alcoholism: Measurement and implications for treatment. *Psychology of Addictive Behaviors*, 7, 238-245.

My Anonymity Code: \_\_\_\_\_

Today's Date: \_\_\_\_\_

### Disease Model

Reflect adherence to the disease model of alcoholism and characterological flaws in alcoholics (e.g., "Drinking alcoholics are liars and cannot be trusted.") Associated with imposing, instead of negotiating, treatment goals (helper determined vs. client choice) and an unwillingness to consider a moderation goal (as opposed to abstinence).

### Psychosocial (Learning) Model

Believe alcoholism is influenced by cultural experience, familial experience, or both. Tend to be more willing to allow client choice and actively support pursuing client-determined goals. Also have been shown to be active in retention efforts like making phone calls and/or sending letters, even after treatment has been interrupted.

### Heterogeneity Model

Reject the similarity (homogeneity) of alcoholics and believe that individuals show diverse symptoms, have diverse reasons for drinking, and require different strategies for recovery. Has a significant, negative correlation with Disease Model beliefs.

### Moral/Spiritual Model

Believe alcoholics have weak morals and negative characterological factors (e.g., self-centeredness) and that recovery requires reliance on a spiritual faith. Strong correlation with the Disease Model beliefs, especially by people who are in recovery.

### My Percentages:

Disease Model = \_\_\_\_\_ Psychosocial Model = \_\_\_\_\_

Heterogeneity Model = \_\_\_\_\_ Moral/Spiritual Model = \_\_\_\_\_

### Interpreting Your Results

1. Highest percentage(s) suggests your model preference = who you likely find it easiest to work with (like-minded people)
2. Disease vs Heterogeneity: Often high percentages on one are accompanied by low percentages on the other (Strong negative correlation)
  - a. Goal-choice: Disease prefers abstinence; Heterogeneity prefers moderation
  - b. Goal-selection: Disease typically imposes goal; Heterogeneity typically negotiates goal
  - c. Motivational-assistance: Disease more often uses traditional confrontation; Heterogeneity more often uses motivational enhancement
3. Heterogeneity score: implies your willingness to use a variety of recovery resources
4. Moral/Spiritual score: suggests your preference/tolerance for faith-based resources

**Professional Development Goal: High scores on all four scales suggests an ability to "meet people where they are!" in terms of the other person's understanding of alcoholism**

