

## SEVERITY OF ALCOHOL DEPENDENCE QUESTIONNAIRE (SADQ)

Please recall a typical period of heavy drinking in the last 6 months. When was this? \_\_\_\_/\_\_\_\_/\_\_\_\_

Please select a number (either **0**, **1**, **2**, or **3**) to show how often each of the following statements applied to you during this time.

Questions	Almost never	Some times	Often	Nearly always
I woke up feeling sweaty.	0	1	2	3
My hands shook first thing in the morning.	0	1	2	3
My whole body shook violently first thing in the morning.	0	1	2	3
I woke up absolutely drenched in sweat.	0	1	2	3
I dreaded waking up in the morning.	0	1	2	3
I was frightened of meeting people first thing in the morning.	0	1	2	3
I felt at the edge of despair when I awoke.	0	1	2	3
I felt very frightened when I awoke.	0	1	2	3
I liked to have a morning drink.	0	1	2	3
I always gulped my first few morning drinks down as quickly as possible.	0	1	2	3
I drank in the morning to get rid of the shakes.	0	1	2	3
I had a very strong craving for drink when I awoke.	0	1	2	3
I drank more than 1/4 bottle of spirits a day (or 4 pints of beer/1 bottles of wine).	0	1	2	3
I drank more than 1/2 bottle of spirits a day (or 8 pints of beer/2 bottles of wine).	0	1	2	3
I drank more than 1 bottle of spirits a day (or 15 pints of beer/3 bottles of wine).	0	1	2	3
I drank more than 2 bottles of spirits a day (or 30 pints of beer/4 bottles of wine).	0	1	2	3

Imagine the following situation: (a) You have been **completely** off drink for a **few weeks**.  
 (b) You then drink **very heavily** for **two days**.

How would you feel **the morning after** those two days of heavy drinking?

Symptomd	No	Slight	Moderate	A lot
I would start to sweat.	0	1	2	3
My hands would shake.	0	1	2	3
My body would shake.	0	1	2	3
I would be craving for a drink	0	1	2	3

**TOTAL SADQ SCORE = \_\_\_\_\_**

## Interpretation:

### Severity of Alcohol Dependence Score:

Score = .....	0 - 7	Non-dependent
	8 - 15	Mild dependence
	16 - 30	Moderate dependence
	31 - 60	Severe dependence

## Significance:

**8-15 Mild dependence** – target goal can be safe drinking, with tightly monitored alcohol consumption

**16-30 Moderate dependence** – a period of abstinence will probably be necessary. 80% may be able to control their drinking if it is very carefully reintroduced, monitored closely, and if family support is good. 20% will not be able to achieve this. If relapse occurs, next time aim for abstinence.

**31-60 Severe dependence** – the target goal is abstinence, although it appears that up to 20% may be able at some point to resume some form of controlled drinking but usually leading to troubled drinking behaviour. These patients will usually require several treatment episodes, good support and energetic treatment of co-morbid physical and psychological problems.