Penn Alcohol Craving Scale

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

Never—0 times during this period of time \_\_\_\_ (0)

Rarely—1 to 2 times during this period of time \_\_\_\_ (1)

Occasionally—3 to 4 times during this period of time \_\_\_\_ (2)

Sometimes—5 to 10 times during this period of time \_\_\_\_ (3)

Often—11 to 20 times during this period of time \_\_\_\_ (4)

Most of the time—20 to 40 times during this period of time \_\_\_\_ (5)

Nearly all of the time—more than 40 times or more than 6 times per day \_\_\_\_ (6)

1. At its most severe point, how strong was your craving 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)

1. 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 and 6 hours. \_\_\_\_ (5)

More than 6 hours. \_\_\_\_ (6)

1. How difficult would it have been to resist taking a drinking during this period of time if you had known a bottle were 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)

1. Keeping in mind your responses to the previous questions, please rate your *overall average* alcohol craving 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 & occasionally had the urge to drink. \_\_\_\_ (2)

Sometimes thought about drinking & sometimes had the urge to drink. \_\_\_\_\_ (3)

Often thought about drinking & often had the urge to drink. \_\_\_\_\_ (4)

Thought about drinking most of the time & had the urge to drink \_\_\_\_\_ (5) most of the time

Thought about drinking nearly all of the time & had the urge to drink \_\_\_\_ (6) nearly all of the time.