

Alcohol Effects Questionnaire

Agency Name: _____

Site Name: _____

ID #: _____

Date: ___ / ___ / _____

We would like to find out what you personally experience after you have had a few alcoholic drinks. For the following possible experiences, if an item is always or sometimes true for you, check true. If the item is rarely or never true for you, check false. Please answer every question without skipping any.

	True	False
1. Drinking makes me feel flushed.	<input type="checkbox"/> 1	<input type="checkbox"/> 0
2. Alcohol decreases muscular tension in my body.	<input type="checkbox"/> 1	<input type="checkbox"/> 0
3. A few drinks make me feel less shy.	<input type="checkbox"/> 1	<input type="checkbox"/> 0
4. Alcohol enables me to fall asleep more easily.	<input type="checkbox"/> 1	<input type="checkbox"/> 0
5. I feel powerful when I drink, as if I can really influence others to do as I want.	<input type="checkbox"/> 1	<input type="checkbox"/> 0
6. I'm more clumsy after a few drinks.	<input type="checkbox"/> 1	<input type="checkbox"/> 0
7. I'm more romantic when I drink.	<input type="checkbox"/> 1	<input type="checkbox"/> 0
8. Drinking makes the future seem brighter to me.	<input type="checkbox"/> 1	<input type="checkbox"/> 0
9. If I have had a couple of drinks it is easier for me to tell someone off.	<input type="checkbox"/> 1	<input type="checkbox"/> 0
10. I can't act as quickly when I've been drinking.	<input type="checkbox"/> 1	<input type="checkbox"/> 0
11. Alcohol can act as an anesthetic for me, that is, it can deaden pain.	<input type="checkbox"/> 1	<input type="checkbox"/> 0
12. I often feel sexier after I've had a few drinks.	<input type="checkbox"/> 1	<input type="checkbox"/> 0
13. Drinking makes me feel good.	<input type="checkbox"/> 1	<input type="checkbox"/> 0
14. Alcohol makes me careless about my actions.	<input type="checkbox"/> 1	<input type="checkbox"/> 0
15. Some alcohol has a pleasant, cleansing, tingly taste to me.	<input type="checkbox"/> 1	<input type="checkbox"/> 0
16. Drinking increases my aggressiveness.	<input type="checkbox"/> 1	<input type="checkbox"/> 0
17. Alcohol seems like magic to me.	<input type="checkbox"/> 1	<input type="checkbox"/> 0
18. Alcohol makes it hard for me to concentrate.	<input type="checkbox"/> 1	<input type="checkbox"/> 0
19. I'm a better lover after a few drinks.	<input type="checkbox"/> 1	<input type="checkbox"/> 0
20. When I'm drinking, it is easier to open up and express my feelings.	<input type="checkbox"/> 1	<input type="checkbox"/> 0
21. Drinking adds a certain warmth to social occasions.	<input type="checkbox"/> 1	<input type="checkbox"/> 0
22. If I'm feeling restricted in any way, a few drinks make me feel better.	<input type="checkbox"/> 1	<input type="checkbox"/> 0
23. I can't think as quickly after I drink.	<input type="checkbox"/> 1	<input type="checkbox"/> 0
24. Having a few drinks is a nice way for me to celebrate special occasions.	<input type="checkbox"/> 1	<input type="checkbox"/> 0
25. Alcohol makes me worry less.	<input type="checkbox"/> 1	<input type="checkbox"/> 0
26. Drinking makes me inefficient.	<input type="checkbox"/> 1	<input type="checkbox"/> 0

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	True	False
27. Drinking is pleasurable because it's enjoyable for me to join in with people who are enjoying themselves.	<input type="checkbox"/> 1	<input type="checkbox"/> 0
28. After a few drinks, I am more sexually responsive.	<input type="checkbox"/> 1	<input type="checkbox"/> 0
29. I feel more coordinated after I drink.	<input type="checkbox"/> 1	<input type="checkbox"/> 0
30. I'm more likely to say embarrassing things after drinking.	<input type="checkbox"/> 1	<input type="checkbox"/> 0
31. I enjoy having sex more if I've had some alcohol.	<input type="checkbox"/> 1	<input type="checkbox"/> 0
32. I'm more likely to get into an argument if I've had some alcohol.	<input type="checkbox"/> 1	<input type="checkbox"/> 0
33. Alcohol makes me less concerned about doing things well.	<input type="checkbox"/> 1	<input type="checkbox"/> 0
34. Alcohol helps me sleep better.	<input type="checkbox"/> 1	<input type="checkbox"/> 0
35. Drinking gives me more confidence in myself.	<input type="checkbox"/> 1	<input type="checkbox"/> 0
36. Alcohol makes me more irresponsible.	<input type="checkbox"/> 1	<input type="checkbox"/> 0
37. After a few drinks it is easier for me to pick a fight.	<input type="checkbox"/> 1	<input type="checkbox"/> 0
38. A few drinks make it easier for me to talk to people.	<input type="checkbox"/> 1	<input type="checkbox"/> 0
39. If I have a couple of drinks it is easier to express my feelings.	<input type="checkbox"/> 1	<input type="checkbox"/> 0
40. Alcohol makes me more interesting.	<input type="checkbox"/> 1	<input type="checkbox"/> 0

Reference: Rohsenow DJ. Drinking habits and expectancies about alcohol's effects for self versus others. *J Consult Clin Psychol* 1983;51:752-756.