



SOCRATES (Personal Drinking)

NAME: SOCRATES 8A Example

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DOB: Jul 5 1986

INSTRUMENT

SOCRATES is an experimental instrument designed to assess readiness for change in alcohol abusers. The instrument yields three factorially-derived scores: Recognition, Ambivalence, and Taking Steps.

RECOGNITION

HIGH scorers directly acknowledge that they are having problems related to their drinking, tending to express a desire for change and to perceive that harm will continue if they do not change. LOW scorers deny that alcohol is causing them serious problems, reject diagnostic labels such as "problem drinker" and "alcoholic," and do not express a desire for change.

AMBIVALENCE

HIGH scorers say that they sometimes wonder if they are in control of their drinking, are drinking too much, are hurting other people, and/or are alcoholic. Thus a high score reflects ambivalence or uncertainty. A high score here reflects some openness to reflection, as might be particularly expected in the contemplation stage of change.

LOW scorers say that they do not wonder whether they drink too much, are in control, are hurting others, or are alcoholic. Note that a person may score low on ambivalence either because they "know" their drinking is causing problems (high Recognition), or because they "know" that they do not have drinking problems (low Recognition). Thus a low Ambivalence score should be interpreted in relation to the Recognition score.

TAKING STEPS

HIGH scorers report that they are already doing things to make a positive change in their drinking, and may have experienced some success in this regard. Change is underway, and they may want to help to persist or to prevent backsliding. A high score on this scale has been found to be predictive of successful change.

LOW scorers report that they are not currently doing things to change their drinking, and have not made such changes recently.

SCORING

Recognition	Low
Ambivalence	High
Taking steps	Very low

SURVEY ANSWERS

I really want to make changes in my drinking.	Agree
Sometimes I wonder if I am an alcoholic.	Agree
If I don't change my drinking soon, my problems are going to get worse.	Strongly Agree
I have already started making some changes in my drinking.	Disagree
I was drinking too much at one time, but I've managed to change my drinking.	Strongly Disagree
Sometimes I wonder if my drinking is hurting other people.	Strongly Agree
I am a problem drinker.	Strongly Agree
I'm not just thinking about changing my drinking, I'm already doing something about it.	Disagree
I have already changed my drinking , and I am looking for ways to keep from slipping back to my old pattern.	Disagree
I have serious problems with drinking.	Strongly Agree
Sometimes I wonder if I am in control of my drinking.	Agree
My drinking is causing a lot of harm.	Agree
I am actively doing things now to cut down or stop drinking.	Disagree
I want help to keep from going back to the drinking problems that I had before.	Agree
I know that I have a drinking problem.	Agree
There are times when I wonder if I drink too much.	Agree
I am an alcoholic	Agree
I am working hard to change my drinking.	Agree
I have made some changes in my drinking, and I want some help to keep from going back to the way I used to drink.	Agree