

UNDERSTANDING OF ALCOHOLISM SCALE (3AC)

William R. Miller & Theresa B. Moyers

FOR OFFICE USE ONLY

_____ Study

_____ ID

_____ Point

____/____/____ Date

_____ RAid

INSTRUCTIONS: For each of the following statements, rate the extent to which you agree or disagree, using the rating scale provided. If you neither agree nor disagree with a statement, circle "3" (Unsure).

Do you agree ?	Strongly Disagree	Mostly Disagree	Unsure	Mostly Agree	Strongly Agree
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 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 blackouts 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
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 recover 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 crucial 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
36. Alcoholics 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

Factor Loadings - Revised UAS-3C

1. Disease Model

2. Psychosocial

3. Heterogeneity

4. Moral/Spiritual

Record the number circled for each item.

For the two starred (*) items, reverse the direction for scoring so that: 1=5 2=4 3=3 4=2 5=1

	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 _____	
28 _____	27 _____		
	29 _____		
	30 _____		
	31 _____		32 _____
33 _____			
34 _____			35 _____
		36* _____ *	
37 _____			38 _____
			39 _____
	40 _____		
<u> </u> ÷ 18 = <u> </u>	<u> </u> ÷ 10 = <u> </u>	<u> </u> ÷ 5 = <u> </u>	<u> </u> ÷ 7 = <u> </u>
Sum Factor D	Sum Factor P	Sum Factor H	Sum Factor M