

Alcohol Dependence (SADD)

The following questions cover a wide range of topics related to drinking. Please read each question carefully but do not think too much about its exact meaning. Think about your MOST RECENT drinking habits and answer each question by choosing MOST APPROPRIATE option.

1. Do you find difficulty in getting the thought of a drink out of your mind?
 - Never
 - Sometimes
 - Often
 - Nearly always

2. Is getting drunk more important than your next meal?
 - Never
 - Sometimes
 - Often
 - Nearly always

3. Do you plan your day around when and where you can drink?
 - Never
 - Sometimes
 - Often
 - Nearly always

4. Do you drink in the morning, afternoon and evening?
 - Never
 - Sometimes
 - Often
 - Nearly always

5. Do you drink for the effect of alcohol without caring what the drink is?
 - Never
 - Sometimes
 - Often
 - Nearly always

6. Do you drink as much as you want irrespective of what you are doing the next day?
 - Never
 - Sometimes
 - Often
 - Nearly always

7. Given that many problems might be caused by alcohol do you still drink too much?
 - Never
 - Sometimes
 - Often
 - Nearly always

8. Do you know that you won't be able to stop drinking once you start?
 - Never
 - Sometimes
 - Often
 - Nearly always

9. Do you try to control your drinking by giving it up completely for days or weeks at a time?

- Never
- Sometimes
- Often
- Nearly always

10. The morning after a heavy drinking session do you need your first drink to get yourself going?

- Never
- Sometimes
- Often
- Nearly always

11. The morning after a heavy drinking session do you wake up with a definite shakiness of your hands?

- Never
- Sometimes
- Often
- Nearly always

12. After a heavy drinking session do you wake up and retch or vomit?

- Never
- Sometimes
- Often
- Nearly always

13. The morning after a heavy drinking session do you go out of your way to avoid people?

- Never
- Sometimes
- Often
- Nearly always

14. After a heavy drinking session do you see frightening things that later you realize were imaginary?

- Never
- Sometimes
- Often
- Nearly always

15. Do you go drinking and the next day find you have forgotten what happened the night before?

- Never
- Sometimes
- Often
- Nearly always

Age:

- 15 or less
- 16 - 17
- 18 - 24
- 25 - 30
- 31 - 40
- 41 - 50
- 51 - 64
- 65 or more
- Prefer not to tell

Gender:

- Male
- Female
- Prefer not to tell

Give response

Addictionlink's tests results may be used as a research material for addiction research. We will only publish test results and background information as statistical data.

[About the test](#) ▶

Source: Raistrick, D., Dunbar G. & Davidson, R. (1983): Development of a questionnaire to measure alcohol dependence, British Journal of Addiction, 78, 89 - 95.

*background questions 16 and 17 added

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