ARRS (manual)

Date (mm/dd/yyyy): / / 

Name: ____________________________ ( Inpatient • Outpatient )

ARRS Please describe your state during the past week.

For each statement below, please circle one answer that best describes you.

Ex.) I sleep well. ................................................................. × △ ○

**[Stimulus-induced vulnerability: SV]**

3) It would be difficult for me to refuse if someone placed alcohol in front of me. ........ × △ ○
13) If someone held alcohol under my nose, I would not be able to refuse it. ............ × △ ○
16) I would drink alcohol if my friends offered it to me on a street. ...................... × △ ○
18) I would drink alcohol if I am alone. .................................................. × △ ○
20) If my friend gave me alcohol, I would drink it even in the hospital. ............... × △ ○
23) If alcohol is placed in front of me, I would drink it. .................................. × △ ○
27) I might drink alcohol at a party or a gathering. ...................................... × △ ○
31) I will drink alcohol in near future. ..................................................... × △ ○
32) I want to drink alcohol even if it deteriorates my health. ........................... × △ ○

**[Emotionality problems: EP]**

2) I am annoyed by words from others. ..................................................... × △ ○
4) I am irritated. .................................................................................... × △ ○
7) I am not motivated to do anything. ..................................................... × △ ○
11) I feel lonely. .................................................................................... × △ ○
14) I feel bored. ..................................................................................... × △ ○
17) I am anxious about my future. .......................................................... × △ ○
21) I cannot control my feeling. .............................................................. × △ ○
22) I have significant job-related problems. ............................................. × △ ○

**[Compulsivity for alcohol: CA]**

6) I would do almost anything in order to drink alcohol. .............................. × △ ○
26) I would do anything to get money for alcohol. .................................... × △ ○
29) I want alcohol even if I have to steal. ................................................. × △ ○
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【Lack of negative expectancy for alcohol: NE】

5) If I drink a small amount of alcohol, I would not be able to stop drinking. (R) .......................... ×      △      ○
12) I would not be able to control myself if I drink alcohol. (R) .......................... ×      △      ○
19) If I drink alcohol, it would badly influence my job. (R) .......................... ×      △      ○
25) I would feel restless if I drank alcohol. (R) .......................... ×      △      ○

【Positive expectancy for alcohol: PE】

15) Alcohol would save me from feeling lonely. .......................... ×      △      ○
28) If I drink alcohol, I will feel everything is going well. .......................... ×      △      ○
30) If I drink alcohol, I will feel invigorated. .......................... ×      △      ○

【Insight into mental conditions】

1) I can stop drinking alcohol by myself. (R) .......................... ×      △      ○
8) I am confident that I would not drink alcohol again. (R) .......................... ×      △      ○
9) I would be fine without alcohol. (R) .......................... ×      △      ○
10) I have already recovered from alcohol abuse. (R) .......................... ×      △      ○
24) I think I am an addict. .......................... ×      △      ○

(R)= reversal item.

【Practical notes】

・ Item numbers in this manual correspond to those in the scale.
・ If the contents of items and the instruction are not changed, you can change the format of this scale to fit the situations.
・ For the sake of preventing the order effect, you can rearrange the order of items randomly.
・ Each item is rated as below: ×= 1, △= 2, ○= 3 (reversal item: ×= 3, △= 2, ○= 1)
・ Each subscale score is rated by simple average score (or total score).
・ The total score of ARRS is rated by average score (or total score) of five subscale scores.
・ Items of “Insight into illness” are used supplementarily. Individuals with extremely low score of “Insight into illness” (e.g. average score is 1 point) may deny their illness.