Date (mm/dd/yyyy):        /        /

Name:                                                          （ Inpatient  ・  Outpatient ）

| **ARRS** | Please describe your state during the past week. |
|---|---|

For each statement below, please circle <u>one</u> answer that best describes you.

| | Strongly Disagree and Disagree | Neither Agree nor Disagree | Strongly Agree and Agree |
|---|---|---|---|

Please circle <u>one</u> from（✕,  △,  ◯）

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.················································ ✕  △  ◯

【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.