

# Severity of Alcohol Dependence Questionnaire

SADQ is a self-administered 20-item questionnaire that evaluates severity of alcohol dependence. It is commonly used in detox services to guide decision-making on treatment and medication. It might also be used by your doctor if you are talking to them about your drinking.

The SADQ questions look at physical and emotional withdrawal symptoms, whether you drink to relieve withdrawal symptoms, how much you drink and how quickly your withdrawal symptoms emerge.

Please answer the following questions by ticking your most appropriate response.

Please recall a typical period of heavy drinking in the last 6 months. During that period of heavy drinking, the day after drinking alcohol...	Almost never	Sometimes	Often	Nearly always
1. I woke up feeling sweaty	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. My hands shook first thing in the morning	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. My whole body shook violently first thing in the morning if I didn't have a drink	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. I woke up absolutely drenched in sweat	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. I dread waking up in the morning	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. I was frightened of meeting people first thing in the morning	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. I felt at the edge of despair when I awoke	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. I felt very frightened when I awoke	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9. I liked to have an alcoholic drink in the morning	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10. I always gulped my first few alcoholic drinks down as quickly as possible	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
11. I drank more alcohol to get rid of the shakes	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
12. I had a very strong craving for a drink when I awoke	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Thinking about the same period of time,  
how much were you drinking?

During that period of heavy drinking,  
my daily drinking would consist of...

Almost never  
Sometimes  
Often  
Nearly always

13. More than a third of a bottle of spirits, a bottle of wine or four pints of beer	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
14. More than half a bottle of spirits, a bottle and a half of wine or six pints of beer	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
15. More than one bottle of spirits, three bottles of wine or twelve pints of beer	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
16. More than two bottles of spirits, six bottles of wine or twenty-four pints of beer	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

NOTE: Precise amounts of alcohol will vary depending on the strength of your drink choices and the size of your servings. But "half a bottle of spirits, a bottle of wine or four pints of beer" is roughly equivalent to 150ml or 5 fl oz of pure alcohol. This equals 15 units in the UK, or just over 8 standard drinks in the US.

Now, imagine the following situation

- You have been completely off drink for a few weeks
- You then drink very heavily for two days

How would you feel the morning after  
those two days of drinking?

Not at all  
Slightly  
Moderately  
Quite a lot

17. I would start to sweat	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
18. My hands would shake	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
19. My body would shake	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
20. I would be craving for a drink	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

## Scoring

Score each question as follows

- Almost never / Not at all = 0
- Sometimes / Slightly = 1
- Often / Moderately = 2
- Nearly always / Quite a lot = 3

## Interpretation

Based on the total score

- 0-7 = Likely not dependent on alcohol
- 8-15 = Mild dependence on alcohol
- 16-30 = Moderate dependence on alcohol
- 31+ = Severe dependence on alcohol

SADQ score