

The AWARE Questionnaire (Revised Form)

The AWARE Questionnaire (Advance WArning of RElapse) was designed as a measure of the warning signs of relapse, as described by Gorski (Gorski & Miller, 1982). In a prospective study of relapse following outpatient treatment for alcohol abuse or dependence (Miller et al., 1996) we found the AWARE score to be a good predictor of the occurrence of relapse ($r = .42, p < .001$). With subsequent analyses, we refined the scale from its 37-item original version to the current 28-item scale (version 3.0) (Miller & Harris, 2000).

The items are arranged in the order of occurrence of warning signs, as hypothesized by Gorski. In our prospective study, however, we found no evidence that the warning signs actually occur in this order in real time (Miller & Harris, 2000). Rather, the total score was the best predictor of impending relapse.

ADMINISTRATION: This is a self-report questionnaire that can be filled out by the client. Be sure that the client understands the 1-7 rating scale. When the client has finished, make sure that all items have been answered and none omitted.

SCORING: Total the numbers circled for all items, but reverse the scoring for the following five items: 8, 14, 20, 24, 26. For these five items only:

If the client circles this number: 1 2 3 4 5 6 7 Add this number to the total score: 7 6 5 4 3 2 1

INTERPRETATION: The higher the score, the more warning signs of relapse are being reported by the client. The range of scores is from 28 (lowest possible score) to 196 (highest possible score). The following table shows the probability of heavy drinking (not just a slip) during the next two months, based on our prospective study of relapse in the first year after treatment (Miller & Harris, 2000).

Probability of Heavy Drinking During the Next Two Months

| AWARE Score | If already drinking in the prior 2 months | If abstinent during the prior 2 months |
|-------------|---|--|
| 28-55 | 37% | 11% |
| 56-69 | 62% | 21% |
| 70-83 | 72% | 24% |
| 84-97 | 82% | 25% |
| 98-111 | 86% | 28% |
| 112-125 | 77% | 37% |
| 126-168 | 90% | 43% |
| 169-196 | >95% | 53% |

This instrument was developed through research funded by the National Institute on Alcohol Abuse and Alcoholism (NIAAA, contract ADM 281-91-0006). It is in the public domain, and may be used without specific permission provided that proper acknowledgment is given to its source. The appropriate citation is Miller & Harris (2000).

References

Gorski, T. F., & Miller, M. (1982). *Counseling for relapse prevention*. Independence, MO: Herald House - Independence Press.

Miller, W. R., & Harris, R. J. (2000). A simple scale of Gorski's warning signs for relapse. *Journal of Studies on Alcohol*, 61, 759-765.

Miller, W. R., Westerberg, V. S., Harris, R. J., & Tonigan, J. S. (1996). What predicts relapse? Prospective testing of antecedent models. *Addiction*, 91 (Supplement), S155-S171.

AWARE Questionnaire 3.0

Please read the following statements and for each one circle a number, from 1 to 7, to indicate how much this has been true for you recently. Please circle one and only one number for every statement.

| | Never | Rarely | Some- times | Fairly often | Often | Almost always | Always |
|--|-------|--------|----------------|-----------------|-------|------------------|--------|
| 1. I feel nervous or unsure of my ability to stay sober. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 2. I have many problems in my life. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 3. I tend to overreact or act impulsively. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 4. I keep to myself and feel lonely. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |

| | | | | | | | |
|--|---|---|---|---|---|---|---|
| 5. I get too focused on one area of my life. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 6. I feel blue, down, listless, or depressed. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 7. I engage in wishful thinking. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 8. The plans that I make succeed. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 9. I have trouble concentrating and prefer to dream about how things could be. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 10. Things don't work out well for me. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 11. I feel confused. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 12. I get irritated or annoyed with my friends. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 13. I feel angry or frustrated. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 14. I have good eating habits. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |

| | Never | Rarely | Some- times | Fairly often | Often | Almost always | Always |
|---|-------|--------|----------------|-----------------|-------|------------------|--------|
| 15. I feel trapped and stuck, like there is no way out. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 16. I have trouble sleeping. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 17. I have long periods of serious depression. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 18. I don't really care what happens. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 19. I feel like things are so bad that I might as well drink. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 20. I am able to think clearly. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 21. I feel sorry for myself. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 22. I think about drinking. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 23. I lie to other people. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 24. I feel hopeful and confident. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |

| | | | | | | | |
|---|-------|--------|----------------|-----------------|-------|------------------|--------|
| 25. I feel angry at the world in general. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 26. I am doing things to stay sober. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 27. I am afraid that I am losing my mind. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 28. I am drinking out of control. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| | Never | Rarely | Some- times | Fairly often | Often | Almost always | Always |

Scoring sheet for AWARE Questionnaire 3.0

For the column on the left record the number circled

For the column on the right

reverse the scale (*For reverse-scaled items: 1 = 7 2=6 3=5 4=4 5=3 6=2 7=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. _____

27. _____

28. _____

_____ Subtotal + _____ Subtotal = _____ AWARE Score