

**EASY INSTRUCTIONS FOR
COMPLETING THE PFR**

May 5, 2000

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| I. <u>Instruments Needed to Complete the Personal Feedback Report</u> | |

Prior to Beginning Therapy

A. Below is a list of forms to be completed prior to beginning therapy. Information from these forms will be used in completing the PFR that will be used in session 2. These forms should be completed by a research assistant, someone other than the person involved in the course of therapy (as in the main trial).

1. **Form 90 - AIR** - (Includes Hours of Drinking)

The Form-90 is an interview assessment that obtains detailed drinking information and drug information. Parts of this will be used to complete the alcohol and drug portions of the PFR.

2. **IP (Important People)** -

The IP is an interview assessment that obtains information about the Client's social support network and their drinking habits.

3. **SCID-IV Alcohol Module** - Alcohol Dependence Symptoms

This is an interview assessment that assesses the number of alcohol dependence symptoms that the client meets.

4. **DrInC - 2R** -

The DrInC is a self-assessment instrument that asks questions about consequences of the client's drinking. Scale scores will be used on the PFR.

5. **AASE-part one & AASE-part two** -

The AASE-part one and AASE-part two are self-assessment instruments that ask questions about the clients efficacy regarding temptation to drink and confidence that they will not drink in certain situations.

6. **URICA** -

The URICA is a self-assessment instrument that asks questions about the client's readiness to change his/her drinking behaviors. A summary score will be used in the PFR.

7. **POMS** -

The Profile of Mood States (POMS) is a self-assessment instrument that asks the client to self-rate on different moods over the past week.

8. **Blood Chemistry** - A profile will be sent to you from the lab.

Forms completed at the end of session 1

A. A number of forms will be completed by the client at the end of session 1

1. Desired Effects of Drinking

2. What I Want from Treatment form (not used to complete the PFR)

II. TABLE OF INSTRUMENTS

| INSTRUMENT | ADMINISTER -Self -Interview | WHEN TO ADMINISTER | WHERE USED IN PFR | HOW TO OBTAIN * | HOW TO SCORE |
|--|--|-------------------------------|--|----------------------------------|--|
| Form 90-AIR (Hours of Drinking included) | Interviewer | Prior to Tx | 1. Alcohol Use 2. Other Drug Use | Included in assessment Pkt | Use BACCUS Ben's program & Appdx B norms |
| IP | Interviewer | Prior to Tx | 5. Preparation for Change - Support | Included in assessment Pkt | Calculate avg. # drinkers (IP Q#7). Then use decile table. |
| SCID-IV Alcohol | Interviewer | Prior to Tx | 1. Alcohol Use | From CC | Sum items |
| DrInC (50 items) | Self | Prior to Tx | 3. Consequences | Included in Assmt Pkt | Scoring sheet |
| URICA (24 items) | Self | Prior to Tx | 5. Preparation for Change - Readiness | Included in Assmt Pkt | Scoring sheet |
| AASE-part one (20 items) | Self | Prior to Tx | 5. Preparation for Change - Temptation | Included in Assmt Pkt | Sum & Avg then use Decile Table (Appdx B) |
| AASE-part two (20 items) | Self | Prior to Tx | 5. Preparation for Change - Confidence | Included in Assmt Pkt | Sum & Avg then use Decile Table (Appdx B) |
| POMS (30 items) | Self | Prior to Tx | 6. Mood States | Included in Assmt Pkt | Templates or scoring sheet & norms |
| Bloodwork | Medical | Prior to Tx | 7. Blood Tests | Lab will send results | Use norms |
| Desired Effects of Drinking | Self | Session 1 | 4. Reasons for Drinking | Included in Assmt Pkt | Key (Appdx B) |
| What I Want from Treatment | Self | Session 1 | NOT USED IN PFR | Included in Assmt Pkt | N/A |
| Client Services Request Form | Self | Session 1 | NOT USED IN PFR | Included in Assmt Pkt | N/A |

* **“Included in Assmt packet” - this means that it is in the packet of CRF’s**

PFR - Section 1: Alcohol Use

A. FORM 90-AIR - Your Drinking (Calculating SDUs)

Provides the drinking and drug use information used on the PFR.

How it appears on the PFR:

YOUR DRINKING

Number of standard “drinks” per week:

_____ ***drinks***

Your drinking relative to American adults (same sex):

_____ ***percentile***

What need:

1. Completed Form 90-AIR interview
2. BACCUS program
3. Ben’s Spreadsheet

How to:

1. Determine the client’s number of ***standard drinks*** (SDUs) using BACCUS.

BACCUS - To calculate Standard Drinks per week (SDU)

You will use the Steady Pattern Chart (P1) of the Form 90-AIR or have determined average number of standard drinks per week from calendar. Use BACCUS to calculate SDU’s for each week day.

- a. Download BACCUS from CASAA Homepage (casaa-0031.unm.edu)
- b. At BACCus Main Menu, select #2 - Total SDUs for a Drinking Episode
- c. SDU’s for each Steady Pattern Chart day and each type of beverage per day will be calculated separately.

Beginning with the first day of drinking , and the first type of beverage (i.e. beer, wine, whiskey), enter the information asked for (ounces, number of drinks, percent of alcohol). The information will appear in the bottom box “Total Standard Drinks = “. Record this information.

* After completing one type of beverage be sure that you clear out the information (by selecting Clear) and begin with the next one.

If percent alcohol is not known, you can select Beverage Library and look up the alcohol content needed. If number of ounces is not known (i.e how many ounces in a shot), you can look it up in the Information Tables.

- d. When a day has been completed, total (using a calculator) and record information.

2. Insert SDU information into Ben’s spreadsheet to compute needed information. (See attached instructions)

3. Use the Alcohol Consumption Norms for US Adults (chart included) to obtain the client's percentile among American adults. Note that there are separate norms for men and women.

4. Enter the percentile figure *for the client’s gender* on the percentile line of Section 1 of the PFR.

ALCOHOL CONSUMPTION NORMS FOR U.S. ADULTS

| DRINKS PER WEEK | Men | Women |
|--------------------|-----|-------|
| 0 (Abstainers) | 28% | 43% |
| 1 | 54% | 77% |
| 2 | 61% | 83% |
| 3 | 68% | 88% |
| 4 | 71% | 90% |
| 5 | 73% | 92% |
| 6 | 76% | 93% |
| 7 | 77% | 94% |
| 8 | 79% | 95% |
| 9 | 80% | 96% |
| 10 | 82% | 97% |
| 11 | 84% | 97% |
| 12 | 85% | 98% |
| 13 | 86% | 98% |
| 14 | 87% | 98% |
| 15 | 88% | 98% |
| 16-17 | 89% | 98% |
| 18-19 | 90% | 99% |
| 20-21 | 91% | 99% |
| 22-23 | 92% | 99% |
| 24-26 | 93% | 99% |
| 27-30 | 94% | 99% |
| 31-36 | 95% | 99% |
| 37-42 | 96% | 99% |
| 43-49 | 97% | 99% |
| 50-59 | 98% | 99% |
| 60+ | 99% | 99% |

Source: 1995 National Alcohol Survey of 10,000 households. Alcohol Research Group, Berkeley, California
Courtesy of Dr. Thomas Greenfield

One standard drink = 0.5 oz (15 ml) of absolute ethanol (Miller, Heather & Hall, 1991)

PFR - Section 1: Alcohol Use

B. HOURS OF DRINKING form - Level of Intoxication (Peak BAC)

This form is used to determine the client's peak level of intoxication.

How it appears on the PFR:

LEVEL OF INTOXICATION

Estimated blood alcohol concentration (BAC) level

on the day you drank the largest amount of alcohol: _____ ***mg%***

What Need:

1. Completed Hours of Drinking Form
2. BACCUS program

How to:

1. Using the BAC calculation program, enter the number of standard drinks consumed and the number of hours of drinking to estimate peak BAC. For two or more calculations, use the highest BAC estimate. If the estimate is higher than 700 mg%, however, doublecheck your figures, and if correct, enter 700 (never higher) as the estimated value in Section 1.

BACCUS - To calculate Peak BAC

This is a brief walk-through of how to use BACCUS to calculate Pk BAC. For more detailed instructions refer to the BACCUS manual.

1. Download BACCUS from CASAA Homepage (casaa-0031.unm.edu)
2. Number of standard drinks will have to be calculated first for each day of heavy drinking (see Section IIIA above for directions).
3. At BACCUS Main Menu, select #3 - Peak BAC For a Drinking Episode
4. Enter information requested (which should all be listed on the Hours of Drinking Form).
Peak BAC will be calculated and the information should then be recorded on the Hours of Drinking Form.

PFR - Section 1: Alcohol Use
C. Alcohol Tolerance Level

How it appears on the PFR:

ALCOHOL TOLERANCE LEVEL

| <i>Low</i> <i>(0-60)</i> | <i>Medium</i> <i>(61-120)</i> | <i>High</i> <i>(121-180)</i> | <i>Very High</i> <i>(181+)</i> |
|---|--|---|---|
|---|--|---|---|

What Need:

1. Calculated Level of Intoxication (mg%) - see above

How to:

1. Refer to Level of Intoxication calculated for PFR from Form-90 and BACCUS.
2. Circle appropriate level.

Ben’s Spreadsheet - Template

Ben’s Spreadsheet - Instructions

PFR - Section 1: Alcohol Use

D. SCID-IV Alcohol Module - Alcohol Dependence Symptoms

This instrument provides the number of Alcohol Dependence symptoms criteria met by the client.

How it appears on PFR:

ALCOHOL DEPENDENCE LEVEL

| | | | | | | | |
|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|
| <i>0</i> | <i>1</i> | <i>2</i> | <i>3</i> | <i>4</i> | <i>5</i> | <i>6</i> | <i>7</i> |
|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|

What Need:

1. Completed SCID-IV Alcohol module interview

How to:

1. Complete the SCID-IV Alcohol module interview.
2. Sum number of symptoms (out of 7) were met by the subject.

* Note: Last item is not counted as one of "7". It simply indicates that criteria have been met for dependence.

3. Enter on the PFR

PFR-Section 2: Other Drug Use

A. Form 90-AIR -

How it appears on the PFR:

| | | | | | |
|------------------------------------|------------------------------|--------------------------------|-------------------------------------|----------------|----------------|
| Percentiles (US Adults) | | | | | |
| | Tobacco/ Nicotine | Marijuana/ Cannabis | Stimulants/ Amphetamines | Cocaine | Opiates |

What need:

1. Completed Form 90-AIR interview
2. Table of percentile for US adults for drug classes (see attached).

How to:

1. Obtain completed Form 90-AIR
2. Refer to last page of Form 90 (pg. 8) that lists drug use.
3. For each drug class, determine how the client compares to other US adults (from table)
4. Record on PFR

B. US NORMS AND PERCENTILES OF DRUG CONSUMPTION FOR US ADULTS

Tobacco

| | Men | Women |
|----------------------------------|-----|-------|
| No use | 0 | 0 |
| Any use | 69 | 72 |
| Pack (20 cigarettes) or more/day | 85 | 89 |

Marijuana

Use the total days of use in this 90-day period

| Days Use | Men | Women |
|------------|-----|-------|
| 0 | 0 | 0 |
| 1-2 | 93 | 96 |
| 3-11 | 94 | 97 |
| 12-50 | 96 | 99 |
| 60 or more | 99 | 99.5 |

Stimulants/Uppers

| | Men | Women |
|-----------------|------|-------|
| No illicit use | 0 | 0 |
| Any illicit use | 99.1 | 99.5 |

Cocaine

| Days Use | Men | Women |
|----------|------|-------|
| No Use | 0 | 0 |
| Any use | 99.1 | 99.8 |

If Crack:

| | Men | Women |
|---------|------|-------|
| No use | 0 | 0 |
| Any use | 99.5 | 99.8 |

Opiates

| | Men | Women |
|-----------------|------|-------|
| No illicit use | 0 | 0 |
| Any illicit use | 99.5 | 99.8 |

Source: NIDA National Household Survey on Drug Abuse, 1997
for adults 18 and over

V. PFR- Section 3: Consequences

A. DRINC-2R

This instrument provides the Consequences of drinking score for the PFR.

How it appears in the PFR:

| Men | | | | | | | Women | | | | | | |
|-------|-------|-------|-------|-------|--------|----|--------|-------|-------|-------|-------|-------|--------|
| 17-24 | 23-30 | 23-24 | 17-36 | 16-21 | 86-135 | 10 | High | 17-24 | 22-30 | 23-24 | 15-36 | 14-21 | 81-135 |
| 15-16 | 20-22 | 21-22 | 14-16 | 14-15 | 75-85 | 9 | | 14-16 | 18-21 | 22 | 12-14 | 12-13 | 68-80 |
| 13-14 | 18-19 | 19-20 | 12-13 | 12-13 | 68-74 | 8 | | 13 | 15-17 | 20-21 | 11 | 10-11 | 61-67 |
| 12 | 15-17 | 18 | 10-11 | 10-11 | 60-67 | 7 | | 11-12 | 13-14 | 18-19 | 9-10 | 9 | 53-60 |
| 10-11 | 13-14 | 16-17 | 9 | 9 | 53-59 | 6 | | 10 | 11-12 | 15-17 | 8 | 8 | 48-52 |
| 9 | 11-12 | 14-15 | 8 | 8 | 46-52 | 5 | Medium | 9 | 9-10 | 14 | 6-7 | 6-7 | 41-47 |
| 7-8 | 9-10 | 12-13 | 7 | 6-7 | 39-45 | 4 | | 7-8 | 8 | 12-13 | 5 | 5 | 36-40 |
| 6 | 7-8 | 10-11 | 6 | 5 | 32-38 | 3 | | 6 | 6-7 | 10-11 | 4 | 3-4 | 29-35 |
| 4-5 | 5-6 | 7-9 | 4-5 | 3-4 | 24-31 | 2 | Low | 4-5 | 3-5 | 7-9 | 3 | 2 | 22-28 |
| 0-3 | 0-4 | 0-6 | 0-3 | 0-2 | 0-23 | 1 | | 0-3 | 0-2 | 0-6 | 0-2 | 1 | 0-21 |
| | | | | | | | | | | | | | |
| Ph | Re | Pe | Im | Sr | Tot | | | Ph | Re | Pe | Im | Sr | Tot |

Ph Physical consequences **Im** Impulsive actions
Re Relationship (interpersonal) consequences **Sr** Social responsibilities
Pe Personal (emotional, self-esteem, etc.) consequences **Tot** Total negative consequences

What Need:

1. Completed Drinc-2R self-assessment instrument
2. Scoring sheet

How to:

1. Obtain copy of completed Drinc-2R self assessment instrument.
2. Copy circled number from the answer sheet next to the item number to the Drinc-2R scoring sheet.
3. Sum columns to obtain subscale scores. (For example, Physical Summary score consists of items 1,8,11,13,24,29,33,48).
4. Record subscale scores on table listed on page 2 of the PFR (also shown above).
5. For each scale, circle the range in which the client's score falls. Be sure to use the correct side (men or women) of the profile.

B. DrInC Scoring Sheet

| Physical | Inter- personal | Intra- personal | Impulse Control | Social Responsibility | | Control Scale* |
|-----------------|----------------------------|----------------------------|----------------------------|----------------------------------|------------------------------|---------------------------|
| 1_____ | | 2_____ | | 3_____ | | 5_____ |
| | 4_____ | | | 6_____ | | |
| | 7_____ | | | | | |
| 8_____ | | | 9_____ | | | |
| | | | 10_____ | | | |
| 11_____ | | 12_____ | | | | |
| 13_____ | | | | 14_____ | | 15_____ |
| | | 16_____ | | | | |
| | 17_____ | 18_____ | 19_____ | 20_____ | | |
| | 21_____ | | 22_____ | | | |
| | | | 23_____ | | | |
| 24_____ | | | | | | 25_____ |
| | | | | 26_____ | | |
| | 27_____ | | 28_____ | | | |
| 29_____ | 30_____ | | | | | |
| | 31_____ | | 32_____ | | | |
| 33_____ | | 34_____ | | | | 35_____ |
| | | 36_____ | | | | |
| | | 37_____ | | | | |
| | | 38_____ | | | | |
| | 39_____ | | | 40_____ | | |
| | | | 41_____ | | | |
| | | | 42_____ | | | |
| | 43_____ | | | 44_____ | | 45_____ |
| | 46_____ | | 47_____ | | | |
| 48_____ | | | 49_____ | | | |
| | | | 50_____ | | | |
| _____ | + _____ | + _____ | + _____ | + _____ | = _____ | _____ |
| Physical | Inter- personal | Intra- personal | Impulse Control | Social Responsibility | Total DrInC Score | Control Scale* |
| (Ph) | (Re) | (Pe) | (Im) | (Sr) | (Tot) | |

INSTRUCTIONS: For each item, copy the circled number from the answer sheet next to the item number above. Then sum each column to calculate scale totals. Sum these totals to calculate the total DrInC score.

* Zero scores on Control Scale items may indicate careless or dishonest responding. On version 2R (Recent Drinking), totals of 5 or less are suspect.

VI. PFR-Section 4: Reasons for Drinking

A. Desired Effects of Drinking

***** THIS IS TO BE COMPLETED BY THERAPIST AFTER SESSION ONE*****

This instrument provides the Reasons for drinking used on the PFR.

How it appears on the PFR:

| | | | | | | | | | | | | | | | | | | | | | | | |
|-----------------|--|----|----------|----|--|--------|--|----|----------------|----|--|------|--|----|-----------|--|--|-----------------|--|--|------------------|--|------|
| 12 | | 12 | | 12 | | 12 | | 12 | | 12 | | 12 | | 12 | | | | | | | | | |
| 11 | | 11 | | 11 | | 11 | | 11 | | 11 | | 11 | | 11 | | | | | | | | | |
| 10 | | 10 | | 10 | | 10 | | 10 | | 10 | | 10 | | 10 | | | | | | | | | |
| 9 | | 9 | | 9 | | 9 | | 9 | | 9 | | 9 | | 9 | | | | | | | | | |
| 8 | | 8 | | 8 | | 8 | | 8 | | 8 | | 8 | | 8 | | | | | | | | | |
| 7 | | 7 | | 7 | | 7 | | 7 | | 7 | | 7 | | 7 | | | | | | | | | |
| 6 | | 6 | | 6 | | 6 | | 6 | | 6 | | 6 | | 6 | | | | | | | | | |
| 5 | | 5 | | 5 | | 5 | | 5 | | 5 | | 5 | | 5 | | | | | | | | | |
| 4 | | 4 | | 4 | | 4 | | 4 | | 4 | | 4 | | 4 | | | | | | | | | |
| 3 | | 3 | | 3 | | 3 | | 3 | | 3 | | 3 | | 3 | | | | | | | | | |
| 2 | | 2 | | 2 | | 2 | | 2 | | 2 | | 2 | | 2 | | | | | | | | | |
| 1 | | 1 | | 1 | | 1 | | 1 | | 1 | | 1 | | 1 | | | | | | | | | |
| Mental Feelings | | | Positive | | | Relief | | | Social Effects | | | Drug | | | Assertion | | | Sexual Feelings | | | Negative Concept | | Self |

What need:

1. Completed Desired Effects of Drinking assessment (completed in Session 1)
2. Desired Effect of Drinking Key (see next page)

How to:

1. Obtain completed Desired Effects of Drinking assessment instrument that was completed by the client during the first therapy session.
2. Transfer item scores to the DED Key (see next page)
3. Sum across rows to obtain subscale scores
4. Sum subscale scores to obtain Total score
5. Transfer subscale totals to PFR.

B. Desired Effects of Drinking Key

Desired Effects of Drinking Key

| | Scale | Items | | | | Totals |
|-------------|---------------------|-------|----|----|----|--------|
| M | Mental | 2 | 11 | 20 | 29 | |
| P | Positive Feelings | 3 | 12 | 21 | 30 | |
| R | Relief | 4 | 13 | 22 | 31 | |
| SF | Social Facilitation | 5 | 14 | 23 | 32 | |
| D | Drug Effects | 6 | 15 | 24 | 33 | |
| A | Assertion | 7 | 16 | 25 | 34 | |
| SE | Sexual Enhancement | 8 | 17 | 26 | 35 | |
| N | Negative Feelings | 9 | 18 | 27 | 36 | |
| S | Self Esteem | 10 | 19 | 28 | 37 | |
| Total Score | | | | | | |

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VII. PFR-Section 5: Preparation for Changes in Drinking

A. URICA - READINESS score

This instrument provides the Readiness score used in the PFR.

How it appears in the PFR:

**Very Ready
For Change**

| | | | |
|----|---|----|---|
| 10 | 1 | 10 | 1 |
|----|---|----|---|

| | | | | | |
|---|----|---|---|---|----|
| 2 | | 9 | | 2 | |
| 3 | | 8 | | 3 | |
| 4 | | 7 | | 4 | |
| 5 | | 6 | | 5 | |
| 6 | | 5 | | 6 | |
| 7 | | 4 | | 7 | |
| 8 | | 3 | | 8 | |
| 9 | | 2 | | 9 | |
| | 10 | | 1 | | 10 |

— 1 —

**Not Ready
For Change**

Support

Confidence

Temptation

What Need:

1. Completed URICA self-assessment
2. URICA scoring sheet
3. READINESS formula
4. Decile Table (see next page)

How to:

1. Have the client complete the URICA self-assessment instrument
2. Transfer the raw item scores from the URICA to the scoring sheet

Sum each of the columns (PRECONTemplation, CONTemplation, ACTION, MAINTenance)

Average each column. (Divide by the number of items in each column)

3. To calculate READINESS use the following formula

$$\text{READINESS} = - \text{Avg PRECONT} + \text{Avg. CONT} + \text{Avg. ACTION} + \text{Avg. MAINT}$$

(** notice negative sign before Avg PRECONT)

4. Use Decile Table to determine decile score (see attached, page 20)
5. Transfer decile score to PFR

URICA Scoring Sheet

Center Participant # Participant Initials Week Sequence
_____ _____ _____ _____ 01

Date Staff ID
____/____/____ _____

PreContemplation Contemplation Action Maintenance

- | | | | |
|-----------|-----------|-----------|-----------|
| 1. _____ | | 2. _____ | |
| | 3. _____ | | |
| | | 4. _____ | |
| 5. _____ | 6. _____ | | |
| 7. _____ | | 8. _____ | |
| | 9. _____ | | 10. _____ |
| | | 11. _____ | 12. _____ |
| | 13. _____ | | |
| | 14. _____ | | 15. _____ |
| 16. _____ | 17. _____ | 18. _____ | |
| 19. _____ | | | 20. _____ |
| | | | 21. _____ |
| 22. _____ | | 23. _____ | |
| | | | 24. _____ |

____/6=____ ____/6=____ ____/6=____ ____/6=____

READINESS = - (PreContemplation) + Contemplation + Action + Maintenance

Readiness = - (____) + ____ + ____ + ____ = ____

Decile Table

(Used with URICA, IP, AASE-1, and AASE-2)

| Decile | URICA Readiness | IP Support for Drinking | AASE-1 (Confidence) | AASE -2 (Temptation) | Decile |
|-----------|--------------------|----------------------------|------------------------|-------------------------|-----------|
| 10 | 12.9 or higher | 66.8% - 100.0% | 4.4 or higher | 4.0 or higher | 10 |
| 9 | 12.3 - 12.8 | 58.4% - 66.7% | 3.9 - 4.3 | 3.7 - 3.9 | 9 |
| 8 | 11.7 - 12.2 | 50.1% - 58.3% | 3.5 - 3.8 | 3.5 - 3.6 | 8 |
| 7 | 11.3 - 11.6 | 41.8% - 50.0% | 3.3 - 3.4 | 3.2 - 3.4 | 7 |
| 6 | 10.7 - 11.2 | 37.6% - 41.7% | 3.0 - 3.2 | 3.0 - 3.1 | 6 |
| 5 | 10.3 - 10.6 | 33.4% - 37.5% | 2.8 - 2.9 | 2.8 - 2.9 | 5 |
| 4 | 9.9 - 10.2 | 25.1% - 33.3% | 2.6 - 2.7 | 2.4 - 2.7 | 4 |
| 3 | 9.4 - 9.8 | 16.8% - 25.0% | 2.3 - 2.5 | 2.0 - 2.3 | 3 |
| 2 | 8.9 - 9.3 | 8.4% - 16.7% | 1.9 - 2.2 | 1.6 - 1.9 | 2 |
| 1 | 8.8 or lower | 8.3% or lower | 1.8 or lower | 1.5 or lower | 1 |

VII. PFR-Section 5: Preparation for Changes in Drinking

B. IP - Important People - SUPPORT score

This instrument provides the SUPPORT score.

How it appears on the PFR:

| | | | |
|-------------------------------|-----------------------------|------------|------------|
| Support for Abstinence | | | |
| 10 | 1 | 10 | 1 |
| 2 | | 9 | 2 |
| 3 | | 8 | 3 |
| 4 | | 7 | 4 |
| 5 | | 6 | 5 |
| 6 | | 5 | 6 |
| 7 | | 4 | 7 |
| 8 | | 3 | 8 |
| 9 | | 2 | 9 |
| | 10 | 1 | 10 |
| Readiness | Support for Drinking | Confidence | Temptation |

What Need:

- 1. Completed IP interview (will refer to #7 of IP assessment only)
- 2. Decile table

How To:

- 1. Obtain completed IP interview assessment
- 2. Refer to #7 - Drinking Status
- 3. Determine the number of individuals listed in the network
- 4. Count the number of people identified as drinkers (heavy, moderate or light)
- 5. Divide the second number by the first, this will give the average number of identified people who are drinkers
- 6. Refer to the decile table and locate the number within the decile (see attached p. 20)
- 7. Record decile rank on PFR

VII. PFR- Section 5: Preparation for changes in Drinking

C & D. AASE-part 1 and AASE-part 2 - CONFIDENCE and TEMPTATION scores

These instruments provide the CONFIDENCE and TEMPTATION scores

How it appears on the PFR:

| | | | High Confidence | Low Temptation |
|-----------|----|---------|--------------------|-------------------|
| | 10 | 1 | 10 | 1 |
| | 2 | | 9 | 2 |
| | 3 | | 8 | 3 |
| | 4 | | 7 | 4 |
| | 5 | | 6 | 5 |
| | 6 | | 5 | 6 |
| | 7 | | 4 | 7 |
| | 8 | | 3 | 8 |
| | 9 | | 2 | 9 |
| | | 10 | 1 | 10 |
| Readiness | | Support | High Confidence | Low Temptation |

Will Need:

1. Completed AASE-part 1 and AASE-part 2 self-assessment instruments
2. Decile table (see attached p. 20)

How To:

1. Obtain completed AASE-part 1 and AASE-part 2 self-assessment instruments
2. Sum and average item scores
3. Compare to decile table (P. 20)
4. Record on PFR

VIII . PFR - Section 6: Mood States

A. PROFILE OF MOOD STATES - POMS

Provides the Mood States score on the PFR

How it appears on the PFR:

| | | | | | |
|---------|------------|-------|-------|---------|-----------|
| 16-20 | 14-20 | 13-20 | 18-20 | 16-20 | 13-20 |
| 13-15 | 12-13 | 11-12 | 16-17 | 13-15 | 11-12 |
| 10-12 | 9-11 | 9-10 | 14-15 | 10-12 | 9-10 |
| 6-9 | 6-8 | 6-8 | 11-13 | 7-9 | 7-8 |
| 5 | 4-5 | 4-5 | 8-10 | 5-6 | 5-6 |
| 4 | 3 | 3 | 7 | 4 | 4 |
| 3 | 2 | 2 | 5-6 | 3 | 3 |
| 2 | | | 3-4 | 2 | 2 |
| 1 | 1 | 1 | 1-2 | 1 | 1 |
| 0 | 0 | 0 | 0 | 0 | 0 |
| Tension | Depression | Anger | Vigor | Fatigue | Confusion |

Will Need:

1. Completed POMS self-assessment instrument
2. POMS scoring templates or
POMS scoring sheet (see next page)

How to:

1. Obtain completed POMS self-assessment instrument
2. Using each of the templates, calculate subscale scores (tension, depression, anger, vigor and confusion)

OR

Use scoring sheet, transfer scores from POMS assessment instrument to scoring sheet and sum subscale scores

- * Be careful with to be aware of the negative sign in front of item #26 under Confusion column
Also be aware of the addition of 4 to the total Confusion subscale score

3. Record each subscale on PFR

POMS Short Version (30 item) Scoring Sheet

| | | | | | |
|------------------------|------------------------|-------------------------------|---------------|----------------|------------------|
| Center _____ | Participant # _____ | Participant Initials _____ | Week _____ | Sequence 01 | |
| Date ____/____/____ | | Staff ID _____ | | | |
| <u>Tension</u> | <u>Depression</u> | <u>Anger</u> | <u>Vigor</u> | <u>Fatigue</u> | <u>Confusion</u> |
| 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. _____ | | | 29. _____ |
| | | | 30. _____ | | |

| | | | | | |
|----------------|-------------------|--------------|--------------|----------------|--------------------------------|
| <u>Tension</u> | <u>Depression</u> | <u>Anger</u> | <u>Vigor</u> | <u>Fatigue</u> | <u>Confusion</u> ⁺⁴ |
| (0-20) | (0-20) | (0-20) | (0-20) | (0-20) | (0-20) |

Appendix A