



## INDEX OF ALCOHOL INVOLVEMENT (IAI)

Name: \_\_\_\_\_ Today's Date: \_\_\_\_\_

This questionnaire is designed to measure your use of alcohol. It is not a test so there are no right or wrong answers. Answer each item as carefully and as accurately as you can by placing a number beside each one as follows.

- 1 = None of the time
- 2 = Very rarely
- 3 = A little of the time
- 4 = Some of the time
- 5 = A good part of the time
- 6 = Most of the time
- 7 = All of the time

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1. \_\_\_\_ When I have a drink with friends, I usually drink more than they do.
  2. \_\_\_\_ My family or friends tell me I drink too much.
  3. \_\_\_\_ I feel that I drink too much alcohol.
  4. \_\_\_\_ After I've had one or two drinks, it is difficult for me to stop drinking.
  5. \_\_\_\_ When I am drinking, I have three or fewer drinks.
  6. \_\_\_\_ I feel guilty about what happened when I have been drinking.
  7. \_\_\_\_ When I go drinking, I get into fights.
  8. \_\_\_\_ My drinking causes problems with my family or friends.
  9. \_\_\_\_ My drinking causes problems with my work.
  10. \_\_\_\_ After I have been drinking, I cannot remember things that happened when I think about them the next day.
  11. \_\_\_\_ After I have been drinking, I get the shakes.
  12. \_\_\_\_ My friends think I have a drinking problem.
  13. \_\_\_\_ I drink to calm my nerves or make me feel better.
  14. \_\_\_\_ I drink when I am alone.
  15. \_\_\_\_ I drink until I go to sleep or pass out.
  16. \_\_\_\_ My drinking interferes with obligations to my family or friends.
  17. \_\_\_\_ I have one or more drinks when things are not going well for me.
  18. \_\_\_\_ It is hard for me to stop drinking when I want to.
  19. \_\_\_\_ I have one or more drinks before noon.
  20. \_\_\_\_ My friends think my level of drinking is acceptable.
  21. \_\_\_\_ I get mean and angry when I drink.
  22. \_\_\_\_ My friends avoid me when I am drinking.
  23. \_\_\_\_ I avoid drinking to excess.
  24. \_\_\_\_ My personal life gets very troublesome when I drink.
  25. \_\_\_\_ I drink 3 to 4 times a week.