

## 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 <i>already</i> drinking in the prior 2 months	If <i>abstinent</i> 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	Sometimes	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	Sometimes	Fairly often	Often	Almost always	Always

	Never	Rarely	Sometimes	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	Sometimes	Fairly often	Often	Almost always	Always

