APPENDICES

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APPENDIX 1
SOCIO-DEMOGRAPHIC PROFILE

1. Name
2. Age
3. Marital Status Married/Unmarried/Separated/Divorced
4. Address

5. Diagnosis
6. Education
7. Occupation
   (a) Work position Rising/Falling*/Static*/ *Specify:
   (b) Drinking at work Yes*/ No/ *Specify:
   (c) Absenteeism Yes*/ No/ *Specify:
8. Monthly Income (Total)
   (a) Individual
   (b) Family
9. Religion
10. Habitat Rural/Urban
11. Family Size (Total)
    Children
    Parents
    Siblings
    Others
12. Position in the Family Guardian/ Dependent/Supporter
13. Marital adjustment Good/Satisfactory/Unsatisfactory*/
    *Probe
<p>| | | |</p>
<table>
<thead>
<tr>
<th></th>
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<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>14.</td>
<td>Sexual adjustment</td>
<td>Good/Satisfactory/Unsatisfactory*</td>
</tr>
<tr>
<td>15.</td>
<td>Age at first drink</td>
<td></td>
</tr>
<tr>
<td>16.</td>
<td>Reason for first drink</td>
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</tr>
<tr>
<td>17.</td>
<td>Age at regular drink</td>
<td></td>
</tr>
<tr>
<td>18.</td>
<td>Past Medical/Psychiatric Treatment</td>
<td>Yes*/No/</td>
</tr>
<tr>
<td>19.</td>
<td>Pre-Morbid Personality</td>
<td>Balanced/Anxious/Depressed/</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Paranoid/Obsessive compulsive/</td>
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<tr>
<td></td>
<td></td>
<td>Borderline/Narcissistic/Neurotic</td>
</tr>
<tr>
<td>20.</td>
<td>Behaviour under the effect of Alcohol</td>
<td>Quiet and withdrawn/Abusive, Aggressive, Homicidal/Over talkative</td>
</tr>
<tr>
<td>21.</td>
<td>Family History of Psychopathology</td>
<td>Yes*/No</td>
</tr>
<tr>
<td></td>
<td></td>
<td>*Specify</td>
</tr>
<tr>
<td>22.</td>
<td>Social Relationships</td>
<td></td>
</tr>
<tr>
<td></td>
<td>(a) Frustrations in family situations</td>
<td>Present*/Absent</td>
</tr>
<tr>
<td></td>
<td></td>
<td>*Specify</td>
</tr>
<tr>
<td></td>
<td>(b) Frustrations in job situations</td>
<td>Present*/Absent</td>
</tr>
<tr>
<td></td>
<td></td>
<td>*Specify</td>
</tr>
<tr>
<td></td>
<td>(c) Frustrations in job situations</td>
<td>Present*/Absent</td>
</tr>
<tr>
<td></td>
<td></td>
<td>*Specify</td>
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</table>
## APPENDIX 2

**MICHIGAN ALCOHOLISM SCREENING TEST (MAST)**

<table>
<thead>
<tr>
<th>Points</th>
<th>Question</th>
<th>Yes</th>
<th>No</th>
</tr>
</thead>
<tbody>
<tr>
<td>0</td>
<td>Do you enjoy a drink now and then?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>(2)</td>
<td>*1 Do you feel you are a normal drinker? (By normal we mean you drink less than or as much as most other people)</td>
<td></td>
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<tr>
<td>(2)</td>
<td>2. Have you ever awakened the morning after some drinking the night before and found that you could not remember a part of the evening?</td>
<td></td>
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</tr>
<tr>
<td>(1)</td>
<td>3. Does your wife, husband, a parent, or other near relative ever worry or complain about your drinking?</td>
<td></td>
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<tr>
<td>(2)</td>
<td>*4. Can you stop drinking without a struggle after one or two drinks?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>(1)</td>
<td>5. Do you ever feel guilty about your drinking?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>(2)</td>
<td>*6. Do friends or relatives think you are a normal drinker?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>(2)</td>
<td>*7 Are you able to stop drinking when you want to?</td>
<td></td>
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<tr>
<td>(5)</td>
<td>8. Have you ever attended a meeting of Alcoholics Anonymous (AA)?</td>
<td></td>
<td></td>
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<tr>
<td>(1)</td>
<td>9. Have you gotten into physical fights when drinking?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>(2)</td>
<td>10. Has your drinking ever created problems between you and your wife, husband, a parent, or other relative?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>(2)</td>
<td>11. Has your wife, husband (or other family members) ever gone to anyone for help about your drinking?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>(2)</td>
<td>12. Have you ever lost friends because of your drinking?</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
(2) 13. Have you ever gotten into trouble at work or school because of drinking? - -

(2) 14. Have you ever lost a job because of drinking? - -

(2) 15. Have you ever neglected your obligations, your family, or your work for two or more days in a row because you were drinking? - -

(2) 16. Do you drink before noon fairly often? - -

(2) 17. Have you ever been told you have liver trouble? Cirrhosis? - -

(2) **18 After heavy drinking have you ever had Delirium Tremens (D.T.'s) or severe shaking, or heard voices or seen things that really weren't there? - -

(5) 19. Have you ever gone to anyone for help about your drinking? - -

(5) 20. Have you ever been in a hospital because of drinking? - -

(2) 21. Have you ever been a patient in a psychiatric hospital or on a psychiatric ward of a general hospital where drinking was part of the problem that resulted in hospitalisation? - -

(2) 22. Have you ever been seen at a psychiatric or mental health clinic or gone to any doctor, social worker, or clergyman for help with any emotional problem, where drinking was part of the problem? - -

(2) ***23 Have you ever been arrested for drunk driving, driving while intoxicated, or driving under the influence of alcoholic beverages? (IF YES, How many times? ---------------)

(2) 24. Have you ever been arrested, or taken into custody, even - -
for a few hours, because of other drunk behaviour?

(IF YES, How many times? --------------)

** 5 points for each Delirium Tremens

*** 2 points for each arrest.

* Alcoholic response is negative
**APPENDIX 3**

**SCALE FOR THE ASSESSMENT OF MOTIVATION FOR CHANGE**

| **23** | I cannot solve my problems quite easily | SA | A | UD | DA | SD |
| **22** | I feel I am not satisfactorily adjusted to life | SA | A | UD | DA | SD |
| **21** | I am dissatisfied with myself | SA | A | UD | DA | SD |
| **20** | I feel that I am not getting a proper deal in life | SA | A | UD | DA | SD |
| **19** | I am losing my mind | SA | A | UD | DA | SD |
| **18** | I feel life is a great burden | SA | A | UD | DA | SD |
| **17** | I have a feeling of resentment against the world | SA | A | UD | DA | SD |
| **16** | I cannot make up my mind and stick to it | SA | A | UD | DA | SD |
| **15** | I feel that my family does not trust me | SA | A | UD | DA | SD |
| **14** | I hate myself | SA | A | UD | DA | SD |
| **13** | I try to escape from facing a crisis | SA | A | UD | DA | SD |
| **12** | I do not act as my family thinks I want to do | SA | A | UD | DA | SD |
| **11** | I have a fear of failing in anything I should | SA | A | UD | DA | SD |
| **10** | I have a feeling of being a burden to others | SA | A | UD | DA | SD |
| **9** | I feel I am all alone and nobody understands me | SA | A | UD | DA | SD |
| **8** | I am not good at making people feel comfortable with me | SA | A | UD | DA | SD |
| **7** | I consider myself as a nervous person | SA | A | UD | DA | SD |
| **6** | I feel unwanted at home | SA | A | UD | DA | SD |
| **5** | I am bored with most people | SA | A | UD | DA | SD |
| **4** | I feel that life is not worth living | SA | A | UD | DA | SD |
| **3** | Marital happiness lies in mutual understanding | SA | A | UD | DA | SD |
| **2** | With enough self effort one can overcome one’s drinking | SA | A | UD | DA | SD |
| **1** | Grasp of knowledge leads to better achievement | SA | A | UD | DA | SD |
**24** People can change their drinking behaviour if they make up their mind

**25** It is easy for people to have a good time even without drinks

**26** Man can create a paradise on earth only if he works hard

**27** If things are well planned and properly implemented success is certain

**28** I feel that by self determination a person can remain without drinking

**29** I have the strength to refuse a drink

**30** In my opinion everybody should be looked after without discrimination as high or low

**31** I feel that a person can be happy only when he drinks

**32** I feel people can usually handle arguments without taking a drink

**33** I want to work for the unity of mankind

**34** I feel that unless one drinks one will not be able to handle his problem

**35** I like to be successful in things undertaken

**36** Through strong will power and hard labour man can attain everything

**37** Learning from the experience leads to progress

**38** Life is pleasant for men who posses strong will power

**39** Taking all things together I look into the future with confidence
**40 Man is the architect of his own destiny
**41 People feel so helpless in some situations that they cause them to drink
**42 Most often people get so upset over small arguments that they cause them to drink
**43 I feel that people drink because circumstances force them to
**44 I feel that when people are unhappy or anxious they go for drinking
**45 Trouble at work or home drives one to drink
**46 I feel that when an alcoholic individual sees a bottle he cannot resist taking a drink
**47 It is impossible for some people to stop drinking
**48 I feel that people drive others to drink
**49 I feel that drinking problems are influenced by accidental happenings
**50 People feel completely helpless when it comes to resisting drinking
**51 I live by values which are primarily based on my own feelings
**52 My moral values are self determined
**53 I trust the decisions I make
**54 I trust my ability to size up a situation
**55 I am assertive and affirming
**56 I believe I have an innate capacity to cope with life
**57 I make my decisions spontaneously
**58 I feel free to be myself and bear the consequences
<table>
<thead>
<tr>
<th>#</th>
<th>Statement</th>
<th>SA</th>
<th>A</th>
<th>UD</th>
<th>DA</th>
<th>SD</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>59</strong></td>
<td>I feel certain and secure in my relationship with others</td>
<td>SA</td>
<td>A</td>
<td>UD</td>
<td>DA</td>
<td>SD</td>
</tr>
<tr>
<td><strong>60</strong></td>
<td>I am happy with the things I have been doing in recent years</td>
<td>SA</td>
<td>A</td>
<td>UD</td>
<td>DA</td>
<td>SD</td>
</tr>
<tr>
<td><strong>61</strong></td>
<td>I am afraid of being severely punished by God if I do not follow the strict discipline imposed in religion</td>
<td>SA</td>
<td>A</td>
<td>UD</td>
<td>DA</td>
<td>SD</td>
</tr>
<tr>
<td><strong>62</strong></td>
<td>I avoid doing wrong things because I am afraid of being rejected by God</td>
<td>SA</td>
<td>A</td>
<td>UD</td>
<td>DA</td>
<td>SD</td>
</tr>
<tr>
<td><strong>63</strong></td>
<td>Success depends on faith in God</td>
<td>SA</td>
<td>A</td>
<td>UD</td>
<td>DA</td>
<td>SD</td>
</tr>
<tr>
<td><strong>64</strong></td>
<td>Engaging in regular prayers facilitates maintenance of good conduct</td>
<td>SA</td>
<td>A</td>
<td>UD</td>
<td>DA</td>
<td>SD</td>
</tr>
<tr>
<td><strong>65</strong></td>
<td>Faith in God helps one in getting peace of mind</td>
<td>SA</td>
<td>A</td>
<td>UD</td>
<td>DA</td>
<td>SD</td>
</tr>
<tr>
<td><strong>66</strong></td>
<td>Faith in supreme power helps one to give up undesirable habits</td>
<td>SA</td>
<td>A</td>
<td>UD</td>
<td>DA</td>
<td>SD</td>
</tr>
<tr>
<td><strong>67</strong></td>
<td>I feel quite deeply about the religious fulfilment of my life</td>
<td>SA</td>
<td>A</td>
<td>UD</td>
<td>DA</td>
<td>SD</td>
</tr>
<tr>
<td><strong>68</strong></td>
<td>Restraints put by religious practices helps me to be away from wrong doings</td>
<td>SA</td>
<td>A</td>
<td>UD</td>
<td>DA</td>
<td>SD</td>
</tr>
<tr>
<td><strong>69</strong></td>
<td>Disobeying the customs leads to unhappiness in life</td>
<td>SA</td>
<td>A</td>
<td>UD</td>
<td>DA</td>
<td>SD</td>
</tr>
<tr>
<td><strong>70</strong></td>
<td>Only by good deeds and repentance we can attain salvation from sins</td>
<td>SA</td>
<td>A</td>
<td>UD</td>
<td>DA</td>
<td>SD</td>
</tr>
<tr>
<td><strong>71</strong></td>
<td>I like to avoid responsibilities and obligations</td>
<td>SA</td>
<td>A</td>
<td>UD</td>
<td>DA</td>
<td>SD</td>
</tr>
<tr>
<td><strong>72</strong></td>
<td>I feel that I am living as I please rather than as someone else pleases</td>
<td>SA</td>
<td>A</td>
<td>UD</td>
<td>DA</td>
<td>SD</td>
</tr>
<tr>
<td><strong>73</strong></td>
<td>Successfully overcoming alcoholism is a matter of luck</td>
<td>SA</td>
<td>A</td>
<td>UD</td>
<td>DA</td>
<td>SD</td>
</tr>
</tbody>
</table>
**74 I try to escape from facing a visit       SA  A  UD  DA  SD
**75 I tend to be a suspicious person         SA  A  UD  DA  SD
**76 I am able to risk being myself          SA  A  UD  DA  SD
**77 Most of the time people cannot understand why they continue drinking SA  A  UD  DA  SD
**78 I feel that the temptation to drink is not irresistible SA  A  UD  DA  SD
**79 I am not self conscious in social situation SA  A  UD  DA  SD
**80 I am not afraid of making mistakes      SA  A  UD  DA  SD

APPENDIX 4
LOCUS OF CONTROL

(a) Children get into trouble since parents punish them very much.
(b) The trouble with most children now a-days is that their parents are too easy with them.

2 (a) Many of the unhappy things in peoples’ lives are due to bad luck.
(b) Peoples’ misfortunes result from the mistakes they make.

3 (a) One of the reasons why we have wars is because people don’t take enough interest in politics.
(b) There will always be war, no matter how hard people try to prevent them.

4 (a) In the long run people get the respect they deserve for themselves.
(b) Unfortunately an individual’s worth often passes unrecognised no matter how hard he tries.

5 (a) The idea that teachers are unfair to student is nonsense.
(b) Most students don’t realise the extent to which their grades are influenced by accidental happenings.

6 (a) Without the right offers one cannot be effective leader.
(b) Capable people who fail to become leaders have not taken advantage of their opportunities.

7 (a) No matter how hard you try some people just don’t like you.
(b) People who can’t get others to like them don’t understand how to get along with others.

8 (a) Heredity plays the major role in determining one’s personality.
(b) It is one’s experience that determine what they are like.

9 (a) I have often found that what is going to happen will happen.
(b) Trusting to fate has never turned out as well for me as making a decision to take a definite course of action.

10 (a) In the case of the well-prepared student there is rarely if ever, a thing as unfair test.

(b) Many a times exam questions tend to be so unrelated to the course were that the study is useless.

11 (a) Becoming a success is a matter of hard work, luck has little or nothing to do it.

(b) Getting a good job depends mainly on being in the right place at the right time.

12 (a) The average citizen can have an influence on govt. decision.

(b) This world is run by the few people in power there is not much the little guy can do about it.

13 (a) When I make plans I’m almost certain that I can make this work.

(b) If is not always wise to plan too for about, because many things turn out to be an outcome of good on bad fortune.

14 (a) There are certain people who are not good.

(b) There are some good in every body.

15 (a) In my case getting what I want has little or nothing do with luck.

(b) Many times we might just as well decide that to do by flipping a coin.

16(a) Who gets to be the boss often depends on who was lucky enough to be in the right place first.

(b) Getting people to do the right thing depends upon ability; luck has little or nothing to do with it.

17 (a) As far as world affairs are concerned most of us are victim of forces we can neither understand nor control.

(b) By taking as active part in political and social affairs the people can control world ever.
18 (a) Most people cannot realise the extend to which their lives are controlled by accidental happenings.
   (b) Their really is no such thing as luck.
19 (a) One should always be willing to admit mistake.
   (b) It is best to cover up own mistakes.
20 (a) It is hard to know whether or not a person really likes you.
   (b) How many friends you have depends upon how nice person you are.
21 (a) In the long run the bad things that happen to you are balanced by the good one.
   (b) Most misfortunes are the results of lack of ability, ignorance, laziness or all 3.
22 (a) With enough effort we can wipe out political corruption.
   (b) It is difficult for people to have much control over the things politicians do in office.
23 (a) Sometimes I cannot understand how the teachers arrive at the grades they give.
   (b) There is a direct correlation between how hard I study and grades I get.
24 (a) A good leader expects people to decide for themselves what they should do.
   (b) A good leader makes it clear to every body what their jobs are.
25 (a) Many times I feel that I’ve little influence over the things that happened to me.
   (b) It is impossible for me to believe that chance or luck plays an important role in life.
26 (a) people are lonely because they don’t try to be friendly.
   (b) There is not much use in trying too hard to please people, if they like you they like you.
27 (a) There is too much emphasize on athletics in high school.
(b) Teams sports are an excellent way to build character.

28 (a) What happens to me is my own doing.

(b) Sometimes I feel that I don’t have control over the direction my life is taking.

29 (a) Most of the time I cannot understand the politicians behave in the way they do.

(b) In the long run the people are responsible for bad government as a national as well as local level.
## APPENDIX 5

### PRESUMPTIVE STRESSFUL LIFE EVENTS SCALE

<table>
<thead>
<tr>
<th>No.</th>
<th>Life Event</th>
<th>Past 1 Year</th>
<th>Life Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>Going on a pleasure trip or pilgrimage</td>
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<tr>
<td>2.</td>
<td>Wife begins or stops work</td>
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<tr>
<td>3.</td>
<td>Change in eating habits</td>
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<tr>
<td>4.</td>
<td>Change in social activities</td>
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<td>5.</td>
<td>Reduction in number of family functions</td>
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<tr>
<td>6.</td>
<td>Gain of new family member</td>
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<tr>
<td>7.</td>
<td>Birth of daughter</td>
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<tr>
<td>8.</td>
<td>Change in sleeping habits</td>
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<tr>
<td>9.</td>
<td>Change in working conditions or transfer</td>
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<tr>
<td>10.</td>
<td>Retirement</td>
<td></td>
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<tr>
<td>11.</td>
<td>Begin or end schooling</td>
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<tr>
<td>12.</td>
<td>Outstanding personal achievement</td>
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<tr>
<td>13.</td>
<td>Change or expansion of business</td>
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<tr>
<td>14.</td>
<td>Change in residence</td>
<td></td>
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<tr>
<td>15.</td>
<td>Unfulfilled commitments</td>
<td></td>
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<tr>
<td>16.</td>
<td>Trouble with neighbour</td>
<td></td>
<td></td>
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<tr>
<td>17.</td>
<td>Getting married or engaged</td>
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<tr>
<td>18.</td>
<td>Appearing for examination or interview</td>
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<tr>
<td>19.</td>
<td>Failure in examination</td>
<td></td>
<td></td>
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<tr>
<td>20.</td>
<td>Death of pet.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>21.</td>
<td>Major purchase or construction of house</td>
<td></td>
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<tr>
<td>22.</td>
<td>Break up with friend</td>
<td></td>
<td></td>
</tr>
<tr>
<td>23.</td>
<td>Family conflict</td>
<td></td>
<td></td>
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</tbody>
</table>
24. Minor violation of law
25. Marriage of daughter or dependent sister
26. Large loan
27. Lack of son
28. Self or family member unemployed
29. Sexual problems
30. Conflict over dowry (Self or spouse)
31. Pregnancy of wife
32. Prophecy of astrologer or palmist etc.
33. Trouble at work with colleagues superior or subordinates
34. Illness of family member
35. Financial or loss problems
36. Son or daughter leaving home.
37. Major personal illness or injury
38. Broken engagement or love affair
39. Conflict with in laws (other than over dowry)
40. Excessive alcohol or drug use by family member
41. Robbery or theft
42. Death of friend
43. Property or crops damaged
44. Marital conflict
45. Death of close family member
46. Lack of issue
47. Detention in jail of self or close family member
48  Suspension or dismissal from job
49  Marital separation or divorce
50  Extramarital relations of spouse
51  Death of spouse
APPENDIX 6

FAMILY INTERACTION PATTERNS SCALE (FIPS)

Here are some questions on family life. Each question has four answers. Please tick (✓) ANY ONE ANSWER that explains your family situation best.

1. For general behaviour family members are expected to adhere to family rules
   Always    Sometimes    Rarely    Never

2. There is a strong emphasis in our family with regard to right and wrong, good and bad, proper and improper.
   Always    Sometimes    Rarely    Never

3. Members are verbally reprimanded when they break family rules.
   Always    Sometimes    Rarely    Never

4. Activities of every family member are merited accordingly in the family.
   Always    Sometimes    Rarely    Never

5. Violation of behavioural rules lead to deprivation of reward.
   Always    Sometimes    Rarely    Never

6. It does not really matter how members in the family behave in general.
   Always    Sometimes    Rarely    Never

7. Undesirable behaviour of the family members is over looked
   Always    Sometimes    Rarely    Never

8. Family members are criticised when family rules are violated.
   Always    Sometimes    Rarely    Never

9. Members are appreciated even for insignificant achievements.
   Always    Sometimes    Rarely    Never

10. Members are degraded even for small failures.
    Always    Sometimes    Rarely    Never

11. Pressing issues are given importance in our family,
    Always    Sometimes    Rarely    Never
12. Vital issues are ignored in our family.
   Always       Sometimes       Rarely       Never

13. Distressing issues are discussed jointly by all family members.
   Always       Sometimes       Rarely       Never

14. Whenever there is a stressful situation, the individual is left to find his/her own solution.
   Always       Sometimes       Rarely       Never

15. In times of trouble we get equal amount of support both from the family as well as from friends, neighbours and relatives.
   Always       Sometimes       Rarely       Never

16. Family members are forced to depend on resources like neighbours and friends because our family does not provide enough support in times of need.
   Always       Sometimes       Rarely       Never

17. Friends and neighbours are more helpful in times of difficulties than our own family.
   Always       Sometimes       Rarely       Never

18. We have to seek help from voluntary and government agencies since our friends and neighbours are least concerned about our problems.
   Always       Sometimes       Rarely       Never

19. The only place we can resort to in periods of distress are the voluntary and government agencies or religious organisations.
   Always       Sometimes       Rarely       Never

20. The outside agencies are indifferent to us in times of difficulties.
   Always       Sometimes       Rarely       Never

21. In crisis situations family members are at a loss and do not know what to do or where to go.
   Always       Sometimes       Rarely       Never

22. Every member is assigned specific tasks in our family.
23. Members are instructed how to carry on their tasks.
Always

24. Members are clear about what tasks they should perform.
Always

25. Members are expected to carry out their responsibility as per instructions.
Always

26. Members perform additional tasks other than the assigned ones.
Always

27. Members are expected to perform additional tasks than already assigned.
Always

28. Members do not perform the additional tasks after having acceded them.
Always

29. No member is assigned specific tasks in the family.
Always

30. Members are left to do their jobs all by themselves.
Always

31. Members are not sure about what jobs they should do or how.
Always

32. Members in the family help out one another in their tasks.
Always

33. Members find it difficult to get help from others in performing their tasks.
Always

34. Everyone knows the job of the other in addition to their own.
Always

35. Nobody really knows the jobs of the other in the family.
Always

36. In our family we quarrel about who should do what and how much.
Always    Sometimes    Rarely    Never

37. In our family the same job is carried out simultaneously by different members.
   **Always**    **Sometimes**    **Rarely**    **Never**

38. In our family members prefer to perform tasks other than their own.
   **Always**    **Sometimes**    **Rarely**    **Never**

39. Members are critical about the task performance of others in the family.
   **Always**    **Sometimes**    **Rarely**    **Never**

40. Non-performance of task does not go un-noticed in our family.
   **Always**    **Sometimes**    **Rarely**    **Never**

41. It is clear who should do what with regard to certain specific tasks.
   **Always**    **Sometimes**    **Rarely**    **Never**

42. Everyone is free to do whatever they want in our family.
   **Always**    **Sometimes**    **Rarely**    **Never**

43. Members are permitted to perform their task in their own way.
   **Always**    **Sometimes**    **Rarely**    **Never**

44. Members in the family express difficulty in carrying out additional task other than assigned.
   **Always**    **Sometimes**    **Rarely**    **Never**

45. Members do not find difficulty in carrying on their tasks.
   **Always**    **Sometimes**    **Rarely**    **Never**

46. Members are able to carry out their tasks with ease and competence.
   **Always**    **Sometimes**    **Rarely**    **Never**

47. No one really bothers whether a task is carried out or not
   **Always**    **Sometimes**    **Rarely**    **Never**

48. It is easy to understand when others talk in the family.
   **Always**    **Sometimes**    **Rarely**    **Never**

49. Members have a lot to say to one another in the family.
   **Always**    **Sometimes**    **Rarely**    **Never**
50. Members freely approach whoever they want for their requirements.

51. Members derive the same meaning when other family members talk.

52. Amount of talk contributed by other during an interaction varies.

53. Members speak freely and with ease while talking to one another.

54. When someone talks the others keep doing their work irrespective of what she/he says.

55. Members talk to each other only when it is required.

56. There is so much to talk one doesn’t know where to start from.

57. Members talk spontaneously against others/ even when they are not encouraged

58. We prefer to be silent than indulge in idle talk

59. There are rules about who should talk to whom and how much

60. Family members indulge in giving two kind of instructions which oppose each other in performing the same job.

61. Members keep discussing different issues at the same time.

62. It is difficult to understand when family members talk of some issues.
Always          Sometimes     Rarely     Never
63. Family members do not intervene when some specific issues are being discussed.
Always          Sometimes     Rarely     Never
64. When some issues are being discussed in the family, members talk of things other than what is being discussed.
Always          Sometimes     Rarely     Never
65. When important issues are being discussed the children are kept away.
Always          Sometimes     Rarely     Never
66. Members don’t mind accepting suggestions from others while discussing important issues.
Always          Sometimes     Rarely     Never
67. In our family all requirements are conveyed through one member.
Always          Sometimes     Rarely     Never
68. Members freely express a variety of feelings/ emotion to a variety of situations at home.
Always          Sometimes     Rarely     Never
69. Members don’t like it when others offer suggestions.
Always          Sometimes     Rarely     Never
70. There are times when we don’t have anything to talk about.
Always          Sometimes     Rarely     Never
71. Members do not express their feelings openly in the family.
Always          Sometimes     Rarely     Never
72. We are careful about what we say to one another.
Always          Sometimes     Rarely     Never
73. Members prefer to keep their feelings to themselves with regard to various situations in the family.
Always          Sometimes     Rarely     Never
74. In our family we like being together.
    Always  Sometimes  Rarely  Never

75. Members in the family like doing things together.
    Always  Sometimes  Rarely  Never

76. Family members jointly arrange recreational activities.
    Always  Sometimes  Rarely  Never

77. Members in the family prefer to do their own things.
    Always  Sometimes  Rarely  Never

78. Family members like to do things for the family as a whole.
    Always  Sometimes  Rarely  Never

79. Nobody really bothers what interests others in the family or what they do.
    Always  Sometimes  Rarely  Never

80. It is not very important that members should be together in the family.
    Always  Sometimes  Rarely  Never

81. Members in the family look forward to being together at least some part of the day.
    Always  Sometimes  Rarely  Never

82. Family members keep some of their activities to themselves.
    Always  Sometimes  Rarely  Never

83. It is important that the family meets together at least once a day.
    Always  Sometimes  Rarely  Never

84. Family functions are enjoyable occasions when the whole family meets.
    Always  Sometimes  Rarely  Never

85. Members intentionally do not show concern/withhold participating in pressing issues.
    Always  Sometimes  Rarely  Never

86. Family does not plan family outings as a group.
    Always  Sometimes  Rarely  Never
87. Family members demean/belittle one another.
Always                      Sometimes       Rarely       Never

88. Family members are concerned about one another.
Always                      Sometimes       Rarely       Never

89. When members do not have anything specific to do they like to spend time together.
Always                      Sometimes       Rarely       Never

90. There is some one recognised and accepted as leader in our family.
Always                      Sometimes       Rarely       Never

91. In time of difficulties members seek the advice of the leader.
Always                      Sometimes       Rarely       Never

92. All the routine activities are looked after by the leader in our family.
Always                      Sometimes       Rarely       Never

93. It is not really necessary to have a leader in the family.
Always                      Sometimes       Rarely       Never

94. All types of decisions are taken by the leader without consultation with other family members.
Always                      Sometimes       Rarely       Never

95. Decisions are taken by the leader in consultation with others.
Always                      Sometimes       Rarely       Never

96. Every family member takes his/her own decision regarding family matters.
Always                      Sometimes       Rarely       Never

97. Family members are indifferent to the decision taken by the leader.
Always                      Sometimes       Rarely       Never

98. Members feel the need for a leader only when they encounter serious problems.
Always                      Sometimes       Rarely       Never

99. Leader tends to decide matters even when family members do not give their full consent.
Always  Sometimes  Rarely  Never
100. There is enough freedom for everyone to take his/her own decision in matters
cconcerning themselves.
Always  Sometimes  Rarely  Never
101. Once decisions are made, there is nothing that can be done to change them.
Always  Sometimes  Rarely  Never
102. Once decisions are taken, they are implemented.
Always  Sometimes  Rarely  Never
103. Members are given the freedom to decision various pressing issues pertaining
to family as a whole.
Always  Sometimes  Rarely  Never
104. Issues pertaining to individual members are decided by the leader.
Always  Sometimes  Rarely  Never
105. Decisions are taken only as and when required by those concerned.
Always  Sometimes  Rarely  Never
106. There is actually no one who can be called a leader.
Always  Sometimes  Rarely  Never
APPENDIX 7

DSMIV

CRITERIA FOR SUBSTANCE DEPENDENCE

A maladaptive pattern of substance use, leading to clinically significant impairment or distress, as manifested by three (or more) of the following occurring at any time in the same 12-month period.

1. Tolerance, as defined by either of the following.
   (a) a need for markedly increased amounts of the substance to achieve intoxication or desired effect.
   (b) Markedly aluminised effect with continued use of the same amount of the substance.

2. Withdrawal, as manifested by either of the following:
   (a) the characteristic withdrawal syndrome for the substance (refer to Criteria A & B of the Criteria sets for withdrawal from the specific substances).
   (b) The same (or a closely related) substance is taken to relieve or avoid withdrawal symptoms.

3. The substance is often taken in larger amounts or over a longer period than was intended.

4. There is a persistent desire on unsuccessful efforts to cut down or control substance use.

5. A great deal of time is spend in activities necessary to obtain the substance (eg: visiting multiple doctors or driving long distances), use the substance (eg: Chain-smoking), or recover from its effects.

6. Important social, occupational or recreational activities are given up or reduced because of substance use.
(7) The substance use is continued despite knowledge of having a persistent or recurrent physical or psychological problem that is likely to have been caused or exacerbated by the substance (e.g., current cocaine use despite recognition of cocaine-induced depression, or continued drinking despite recognition that an ulcer was made worse by alcohol consumption).

Specify if:
With Physiological Dependence: evidence of tolerance or withdrawal (i.e., either item 1 or 2 is present).
Without Physiological Dependence: no evidence of tolerance or withdrawal (i.e., neither item 1 or 2 is present).

**DIAGNOSTIC CRITERIA FOR ALCOHOL WITHDRAWAL**

A. Cessation of (or reduction in) alcohol use that has been heavy and prolonged.

B. Two (or more) of the following, developing within several hours to a few days after Criterion A:
   1. Autonomic hyperactivity (e.g., sweating or pulse rate greater than 100).
   2. Increased hand tremor.
   3. Insomnia
   4. Nausea or vomiting
   5. Transient visual, tactile, or auditory hallucinations or illusions.
   6. Psychomotor agitation
   7. Anxiety
   8. Grand mal seizures

C. The symptoms in criterion B cause clinically significant distress or impairment in social, occupational, or other important areas of functioning.

D. The symptoms or not due to a general medical condition and are not better accounted for by another mental disorder.

Specify if:
With Perceptual Disturbances.