APPENDIX - I

INTERVIEW SCHEDULE TO ELICIT INFORMATION ABOUT ALCOHOLIC ADDICTS

Name of the Patient : 

Address : 

Sex : 

Marital Status : Married/Unmarried 

Family Type : Joint/Nuclear

Education : Illiterate/Primary School

High School/Graduate

Occupation : Govt.Service / Business / Professional

Agriculture / Driver / Labour

Unemployment

Income (P.M.) : Nil

Less than Rs.500

Rs.501 to Rs.1500

Rs.1501 to Rs.2500

More than Rs.2501
Number of Dependents: Two only / More than two

Living alone

Duration of Addiction: 5 to 10 years

11 to 20 years

21 to 30 years

31 and above

Family History of Alcoholism: Nil / Present in first degree relation

Illingness of the patient
undergo treatment in
counselling centre:

I ......................... hereby agree, whole heartedly to undergo treatment in this
hre. I have been oriented all about the treatment. The institution or the staff
embers are not responsible for any untoward incident during the treatment.

Signature of the Patient  Signature of the Counsellor
APPENDIX - II

LEVEL OF PSYCHOLOGICAL FUNCTIONING INVENTORY
LEVEL OF PSYCHOLOGICAL FUNCTIONING INVENTORY

Scoring Key

<table>
<thead>
<tr>
<th>Variables</th>
<th>Item numbers</th>
</tr>
</thead>
<tbody>
<tr>
<td>Alcoholic Dependence</td>
<td>1,2,13,26,30,46,48.</td>
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<tr>
<td>Emotional Stability</td>
<td>3,4,5,9,10,11,12,14,27,28,32,33,35.</td>
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<tr>
<td>Interpersonal Relationship</td>
<td>6,8,15,29,31,34,36,38.</td>
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<tr>
<td>Psychophysiological Symptoms</td>
<td>7,17,18,19,21,23,37,44,45.</td>
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<tr>
<td>Abnormal Symptoms</td>
<td>16,20,22,24,25,39,40,41,42,43,47.</td>
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LEVEL OF PSYCHOLOGICAL FUNCTIONING INVENTORY

SCORING:

1. Never Sometimes Frequently Almost Always
   0  1  3

Item Nos:

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, 31, 32, 33, 34, 35, 36, 37, 38, 39, 40, 41, 42, 43, 44, 45, 46, 47, 48.

Total Items: 45

II Never Sometimes Frequently Almost Always
   3  2  1  0

Item Nos: 1, 36, 43.

Total Items: 3

Note: higher the score, higher the symptoms.
APPENDIX - III

RELAXATION THERAPY

The prerequisites for bringing on the relaxation response are the following:

1. A quiet environment

2. A comfortable position

3. A mental device (some thought or object on which to focus one's attention).

4. An 'unruffled' attitude whereby distractions are ignored and attention remains focused on the mental device.

The criteria for relaxation:

1. The person should concentrate fully on what he is doing without allowing any other thought to interrupt.

2. He should not fall asleep.

3. Tight clothes should not be worn during relaxation.

4. He should breathe normally without taking a deep breath. Neither should he hold his breath.
5. Concentration should be only on that part of the body which is engaged in tensing and relaxing.

6. There are various steps which involve tensing and relaxing of muscles. The order of steps should not be changed.

7. He should do it as slowly as possible and avoid sudden jerks when he executes the steps.

THE PROCEDURE OF JACOBSON (1938), PROGRESSIVE DEEP MUSCLE RELAXATION THERAPY:

Lie down on your back with palms facing upwards, as comfortably as possible. Close your eyes gently. Now chase away all thoughts coming into your mind. Try to concentrate completely on what you are going to do, so that you can feel the difference between tension and relaxation and thus enjoy the comfort of being relaxed.

RELAX.

1. Tightly clench your right fist. Feel the tension. Feel how uncomfortable it is when you are tensed. Now slowly relax your fingers. Relax them completely and feel the difference. Feel how comfortable it is when you are relaxed. Enjoy the feeling of being relaxed.

2. Repeat the same procedure with the left fist.
3. Do the same with both fists.

4. Clench both fists. Touch your shoulders with your fist without raising your arms from the floor, relax...

5. Press the sides of your body with your open palms (fingers open).

6. Touch the sides of your body with your open palms and push your shoulders downwards...

7. Touch the sides of your body with your open palms and push your shoulders upwards (towards your ears)...

8. Raise your eyebrows with your eyes closed gently...

9. Knit your eyebrows...

10. Press your eyelids harder (do not shrink them)...

11. Press the upper part (roof) of the mouth with your tongue (the whole tongue and not just the tip of the tongue)...

12. Clench your teeth as hard as possible (press your upper teeth to your lower teeth)...

13. Press your upper lip to your lower lip...

14. Raise your head off the ground and touch your chest with your chin. In the same raised posture, slowly turn your head to the right (as
much as possible) then to the left, then slowly to the centre and then slowly relax...

15. Raise your chin upwards as much as possible. In the raised posture slowly turn to your right, then slowly to the left and then bring it to the centre and then slowly relax...

16. Try to bring your shoulders as close as possible, by keeping your arms on the ground (you can feel the tension at the nape of your neck)...

17. Press your shoulders to the ground, so that your chest expands...

18. Push your stomach as far inward as possible...

19. Push your stomach as far outward as possible...

20. Keep your head, arms, waist, legs and feet on the ground and raise just you back off the ground.

21. Tighten your thigh muscles...

22. Bring your feet closer and push them as far inward as possible (towards you face without raising your legs)...

23. Bring your feet closer and push them as far outward as possible...
24. Now slowly take a deep breath and hold it (for few seconds) then slowly breathe out...

Start breathing normally

Now right from head to toe, each part of your body is relaxed and is as light as a feather. Likewise your mind is also calm and comfortable. Enjoy the comfort of being relaxed.

RELAX.....RELAX.....

Be in the relaxed state for about five minutes, each minute enjoying the feeling of being relaxed.

Then slowly count 5, 4, 3, 2, 1 and slowly open your eyes. Slowly turn to your right and lie done and then slowly get up and sit down feeling light and relaxed, both in mind and body.
INTRODUCTION

By associating the noxious stimulus with drinking, conditions under which the two is established and from which the problem behaviour is weakened. Olfactory exposures (making him to smell the drink) used for pairing with the noxious stimulus.

Preparation:

a. Explaining the nature of the therapy to the client.

b. Explaining the learning principles Body-mind relationships, punishment to the mal-adaptive behaviour.

c. Prepare 5 different types of liquors and 5 bottles water (liquor is punishing concept and the water is neutral concept).

d. Get ready with the spirit and cotton.

Practical instructions

a. Check the apparatus whether its functioning properly.

b. Check the key boards and switch off.
c. Spread the spirit with the help of cotton on the upper limb of the client in order to remove the dust.

d. Tie with the cord the client's upper limb.

e. Let the switch be 'on', check the indicators and note whether the red light is glowing.

f. Gradually increase the intensity up to 10 volts.

g. Then increasing the intensity depends upon the client's reaction.

h. Keep the intensity 5 volts greater than the client's tolerance level.

i. Find the threshold level.

j. The provoking negative reinforcement (liquor) must be smelled and simultaneously the shock must be given and positive reinforcement (water) must be smell there will be no shock given. Pressing of the key (on) should not exceed 30 seconds under any circumstances. But the ideal time is only 10 seconds.

k. Maximum voltage given should be 40 - 50 volts.

l. Gap between 2 stimulus is 30 seconds.
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**Odds numbers = Water**,  **Even numbers = Liquor**
APPENDICES - V

PROCEDURE OF COVERT SENSITIZATION

The patient is instructed to imagine a scene in which he is about to drink an alcoholic beverage and he becomes nauseated and vomits profusely.

Preparation

a. Explaining the nature of the therapy to the client.

b. Explaining the learning principles, Body-mind relationships, and a relief obtained to the mal-adaptive behaviour by modifying one's own behaviour.

Procedures

The client is made to relax completely. The individual is asked to imagine a situation which pressurizes him to go for a drink. The individual is then presented with an aversive imagery which contains the unpleasant feelings and consequences of his presence at that place. After this the individual is presented with an imagery where he gets out of the place and feels better and better.

The rationale behind the technique is to make an individual aversive to alcohol by associating the desire for alcohol intake and negative consequences, and, to make an individual feel relieved by associating the pleasant feelings with avoiding response.
APPENDIX - VI

FOLLOW-UP SCHEDULE