

# SCALE FOR ASSESSMENT OF FAMILY DISTRESS [For Alcoholism]

*[Scale for the measurement of distress caused by an individual's symptoms related to his drinking to his family].*

**Instructions:** (*Self administered or observer rated*): Following are various common disturbances which the patient can cause to you, by his behaviour when at home related to his/her drinking habits.

Please indicate whether these occur and if so which are the features which cause maximal distress to you, and how much? Consider the maximum possible distress as 100 and no distress as 0 and try to mark how distressful are the behaviours between 0 - 100. Alternatively, the amount of distress can be rated according to criteria given below.

**CRITERIA FOR SEVERITY OF DISTRESS:** The numbers in parenthesis indicate the corresponding scores on numerical scale of 0 to 100.

0. No distress (0)
1. Mild: Causing some amount of distress, occasionally (1-25)
2. Moderate: Some amount of distress frequently occurring or considerable distress occurring occasionally (26-50)
3. Severe: Severe distress occurring frequently (51-75)
4. Profound or Very Intense: Too much distress occurring continuously (76-100).

## **BEHAVIOURAL ITEMS**

**Amount of Distress (0-100, 0-4)**

1. Does not do work and earn.
2. Does not take care of himself.
3. Does not sleep well.
4. Does not do household tasks.
5. Does not eat well.
6. Does not talk much.
7. Wanders away from house.
8. Beats and assaults others, threatens.
9. Tears clothes.
10. Breaks household articles.
11. Talks nonsense.
12. Is Abusive.
13. Shows odd behavior.
14. Is always suspicious.
15. Attempted suicide.
16. Social withdrawal.
17. Has few leisure interests.
18. Is slow in doing things.
19. Is overactive.
20. Gets and/or talks about odd ideas.

21. Feels and reports sadness, depression.
22. Shows socially embarrassing behaviour.
23. Shows sexually embarrassing behaviour.
24. Involved in a road traffic accident
25. Spends excessively over drinking
26. Sells / steals household objects to buy drinks
27. Loss of peace at home
28. Gets into legal problems
29. Does not take up responsibility
30. Develops medical / physical illness due to drinking.

Any other behaviour.

**Activity related – 1,9,17,18,29**

**Self Care related – 2,3,5,6,16**

**Aggression related – 8,9,10,11,12,19**

**Social related – 22,23,25,26,27,28**

**Physical related – 24,30**

**Psychological – 7,13,14,15,20,21**

**References on Scale for Assessment of Family Distress due to alcoholism:**

Chand P, Chaturvedi SK. Distressing behaviors of alcohol dependence patients: A study from India. Asian Journal of Psychiatry, 3, 12-15, 2010.