

Penn Alcohol Craving Scale (PACS)

PLEASE READ EACH ITEM CAREFULLY AND CIRCLE THE NUMBER THAT BEST DESCRIBES YOUR CRAVING DURING THE PAST WEEK.

1. During the past week *how often* have you thought about drinking or about how good a drink would make you feel?
 - 0 Never (0 times during the past week)
 - 1 Rarely (1 to 2 times during the past week)
 - 2 Occasionally (3 to 4 times during the past week)
 - 3 Sometimes (5 to 10 times during the past week or 1 to 2 times per day)
 - 4 Often (11 to 20 times during the past week or 2 to 3 times per day)
 - 5 Most of the time (20 to 40 times during the past week or 3 to 6 times per day)
 - 6 Nearly all of the time (more than 40 times during the past week or more than 6 times per day)

2. At its most severe point, *how strong* was your craving during the past week?
 - 0 None at all
 - 1 Slight, that is a very mild urge
 - 2 Mild urge
 - 3 Moderate urge
 - 4 Strong urge, but easily controlled
 - 5 Strong urge and difficult to control
 - 6 Strong urge and would have drunk alcohol if it were available

3. During the past week *how much time* have you spent thinking about drinking or about how good a drink would make you feel?
 - 0 None at all
 - 1 Less than 20 minutes
 - 2 21 to 45 minutes
 - 3 46 to 90 minutes
 - 4 90 minutes to 3 hours
 - 5 Between 3 to 6 hours
 - 6 More than 6 hours

4. During the past week *how difficult would it have been to resist* taking a drink if you had known a bottle were in your house?
 - 0 Not difficult at all
 - 1 Very mildly difficult
 - 2 Mildly difficult
 - 3 Moderately difficult
 - 4 Very difficult
 - 5 Extremely difficult
 - 6 Would not be able to resist

5. Keeping in mind your responses to the previous questions, please rate your overall *average alcohol craving* for the past week.
 - 0 Never thought about drinking and never had the urge to drink
 - 1 Rarely thought about drinking and rarely had the urge to drink
 - 2 Occasionally thought about drinking and occasionally had the urge to drink
 - 3 Sometimes thought about drinking and sometimes had the urge to drink
 - 4 Often thought about drinking and often had the urge to drink
 - 5 Thought about drinking most of the time and had the urge to drink most of the time
 - 6 Thought about drinking nearly all of the time and had the urge to drink nearly all of the time