Penn Alcohol Craving Scale

Patient Name ____________________________

Date ____________________________

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, 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 None 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