

Self-stigma in alcohol dependence

There are many attitudes about people with alcohol problems. We would like to know what you think most of the public as a whole (or most people) believe about these attitudes. What do **most other people** think about someone with alcohol problems?

Please answer the following questions by ticking the appropriate box on the scale. 1 means: „I strongly disagree“, 5 means: „I strongly agree“. You can grade your answer using any of the numbers between 1 and 5.

Important: This is about what you think **most other people** believe, regardless whether you personally share their opinion or not.

Example:

I think the public believes ...	I strongly disagree 1	2	3	4	I strongly agree 5
... most people with alcohol problems are dangerous.	①	②	③	④	⑤

If you strongly agree that most people think persons with alcohol problems are dangerous, you tick “5”.

I think, the public believes...	I strongly disagree 1	2	3	4	I strongly agree 5
1. most people with alcohol problems cannot be trusted	①	②	③	④	⑤
2. most people with alcohol problems are disgusting	①	②	③	④	⑤
3. most people with alcohol problems are unable to get or keep a regular job.	①	②	③	④	⑤
4. most people with alcohol problems are dirty and unkempt.	①	②	③	④	⑤
5. most people with alcohol problems are to blame for their problems.	①	②	③	④	⑤

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I think the public believes ...	I strongly disagree				I strongly agree
	1	2	3	4	5
6. most people with alcohol problems are unreliable	①	②	③	④	⑤
7. most people with alcohol problems are below average in intelligence.	①	②	③	④	⑤
8. most people with alcohol problems are unpredictable.	①	②	③	④	⑤
9. most people with alcohol problems are emotionally unstable.	①	②	③	④	⑤
10. most people with alcohol problems will never get away from alcohol.	①	②	③	④	⑤
11. most people with alcohol problems are weak-willed.	①	②	③	④	⑤
12. most people with alcohol problems are violent.	①	②	③	④	⑤
13. most people with alcohol problems live on other people's expenses.	①	②	③	④	⑤
14. most people with alcohol problems are unable to resolve conflicts other than with alcohol.	①	②	③	④	⑤
15. most people with alcohol problems are self-pitying	①	②	③	④	⑤
16. most people with alcohol problems are lazy.	①	②	③	④	⑤

Now we would like to know how **you** currently feel about these attitudes. Do you agree with them?

I think...	I strongly disagree				I strongly agree
	1	2	3	4	5
1. most people with alcohol problems are to blame for their problems.	①	②	③	④	⑤
2. most people with alcohol problems are unpredictable.	①	②	③	④	⑤
3. most people with alcohol problems will never get away from alcohol.	①	②	③	④	⑤
4. most people with alcohol problems are unable to get or keep a regular job.	①	②	③	④	⑤
5. most people with alcohol problems are self-pitying.	①	②	③	④	⑤
6. most people with alcohol problems are dirty and unkempt.	①	②	③	④	⑤
7. most people with alcohol problems are lazy.	①	②	③	④	⑤
8. most people with alcohol problems are unable to resolve conflict other than with alcohol.	①	②	③	④	⑤
9. most people with alcohol problems live on other people's expenses.	①	②	③	④	⑤
10. most people with alcohol problems are violent.	①	②	③	④	⑤
11. most people with alcohol problems cannot be trusted.	①	②	③	④	⑤
12. most people with alcohol problems are weak-willed.	①	②	③	④	⑤
13. most people with alcohol problems are disgusting.	①	②	③	④	⑤

I think...	I strongly disagree				I strongly agree
	1	2	3	4	5
14. most people with alcohol problems are emotionally unstable.	①	②	③	④	⑤
15. most people with alcohol problems are unreliable.	①	②	③	④	⑤
16. most people with alcohol problems are below average in intelligence.	①	②	③	④	⑤

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Next we would like to know if you currently think any of these attitudes **are true about you**.

Because I have alcohol problems...	I strongly disagree				I strongly agree
	1	2	3	4	5
1. I am unreliable.	①	②	③	④	⑤
2. I am lazy.	①	②	③	④	⑤
3. I am emotionally unstable.	①	②	③	④	⑤
4. I am below average in intelligence.	①	②	③	④	⑤
5. I cannot be trusted.	①	②	③	④	⑤
6. I am weak-willed.	①	②	③	④	⑤
7. I am living on other people's expenses.	①	②	③	④	⑤
8. I am violent.	①	②	③	④	⑤
9. I am unable to get or keep a regular job	①	②	③	④	⑤
10. I am dirty and unkempt.	①	②	③	④	⑤
11. I am unable to resolve Problems other than with alcohol.	①	②	③	④	⑤
12. I am self-pitying.	①	②	③	④	⑤
13. I will never get away from alcohol.	①	②	③	④	⑤
14. I am to blame for my problems.	①	②	③	④	⑤
15. I am unpredictable.	①	②	③	④	⑤
16. I am disgusting.	①	②	③	④	⑤

Finally, we would like to know how these attitudes currently affect your self-esteem or **how much you respect yourself**.

I currently respect myself less, because...	I strongly disagree				I strongly agree
	1	2	3	4	5
1. I am self-pitying.	①	②	③	④	⑤
2. I am lazy.	①	②	③	④	⑤
3. I am unreliable.	①	②	③	④	⑤
4. I am unable to get or keep a regular job.	①	②	③	④	⑤
5. I am emotionally unstable.	①	②	③	④	⑤
6. I am weak-willed.	①	②	③	④	⑤
7. I cannot be trusted.	①	②	③	④	⑤
8. I am to blame for my problems.	①	②	③	④	⑤
9. I am violent.	①	②	③	④	⑤
10. I will never get away from alcohol.	①	②	③	④	⑤
11. I am disgusting.	①	②	③	④	⑤
12. I am unable to resolve problems other than with alcohol.	①	②	③	④	⑤
13. I am unpredictable.	①	②	③	④	⑤
14. I am dirty and unkempt	①	②	③	④	⑤
15. I am living on other people's expenses.	①	②	③	④	⑤
16. I am below average in intelligence.	①	②	③	④	⑤