

Aftercare follow-up questionnaire

1. Are you still totally abstaining? That means that you have not drunk any alcohol since the end of intensive treatment? – 1. Yes 2. No
2. Are you included in aftercare rehabilitation options? If yes, which one? – 1. Group membership 2. Psychotherapy or psychiatric treatment 3. None
3. Who of significant others is included in your aftercare rehabilitation?
4. Have you ever relapsed since the end of the intensive treatment? With »relapse« we think any alcohol use. – 1. No 2. Yes
5. If you relapsed, how long after end of intensive therapy did it happen? – 1. Days 2. Weeks
6. Can you remember how many drinking days per month / overall you have had since relapse till today?
7. If you relapsed, which is your pattern of alcohol use? – 1. Drinking equal to before beginning the treatment 2. Drinking less than before beginning the treatment 3. Drinking more than before beginning the treatment
8. Have you got any help in relapse coping? If you have, who helped the most? – 1. Outpatient treatment 2. Inpatient treatment 3. Aftercare group help 4. Important others 5. Self-help 6. Wants any help, but does not dare to ask for 7. Does not want any help
9. How would you evaluate your well-being in actual period of time? Use evaluation from 1 to 5: 1 – very poor, 2 – poor, 3 – average, 4 – good, and 5 – very good. Start with your subjective psychological health ... your subjective physical health ... your financial status ... your important social relations ... your general life quality.
10. Has your marital status changed since the end of intensive therapy? – 1. Unchanged 2. Met new partner 3. Losing partner
11. Has your employment status changed since the end of intensive therapy? – 1. Unchanged; 2. Better – getting job or promotion; 3. Worse – losing job or lower status.