

Addiction Recovery Questionnaire

	not at all	rarely	often	all the time
Here are some things that people have found important in their recovery. Please answer each question below. Over the last month have you...				
...had enough money to live reasonably well?	0	1	2	3
...found that you are trusted by important people in your life?	0	1	2	3
...been living in suitable accommodation?	0	1	2	3
...been keeping up with everyday chores and activities?	0	1	2	3
...been involved in criminal activities?	3	2	1	0
...been mixing with people who are problem drinkers or drug users?	3	2	1	0
...been friends with people who do not drink or take drugs?	0	1	2	3
...been abstinent from alcohol and other drugs?	3	2	1	0
...taken medication for your addiction or mental health?	3	2	1	0
...had a positive feeling about the future?	0	1	2	3
...felt generally good about yourself?	0	1	2	3
...had confidence to resist pressure to take drink or take drugs that you do not want?	0	1	2	3

Translations



ARQ scoring...

Timeframe :: The last 30 days.

Completion time :: <2 minutes.

Scoring :: All items are scored 0-1-2-3 giving a maximum of 36. Up to two unanswered items can be pro-rated by allocating the mean score for the valid responses.

Cut-off scores :: The scale developers recommend seeing recovery as a continuous data variable and have not suggested cut-off points. A very high score would indicate a lifestyle beyond most people in the general population.

Clinically significant change :: The reliable change score is ≥ 4 and functional population scores ≥ 22 .

About the ARQ...

The ARQ was developed for use as a measure of recovery in routine clinical practice or self directed change. The ARQ measures recovery as described by service users themselves. There are 12 questions with three subscales:

i) daily activities Q1: sufficient money Q2: trusted Q3: suitable accommodation
Q4: doing daily activities Q5: no criminal activity;

ii) substance use involvement Q6: avoid people with substance use problems
Q7: mix with people supportive of recovery Q8: abstinence Q9: no prescribed psychoactive medications;

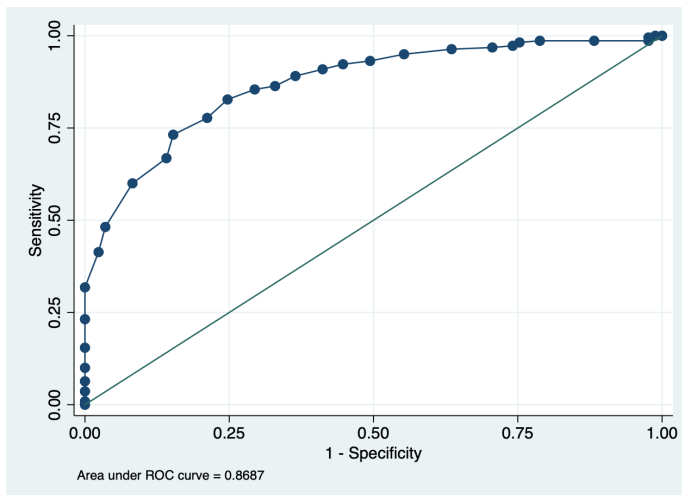
iii) optimism Q10: optimism for future Q11: self esteem Q12: self efficacy.

About the ARQ...

The ARQ distinguishes between people in treatment, with problems, and those in recovery or well functioning people in the general population.

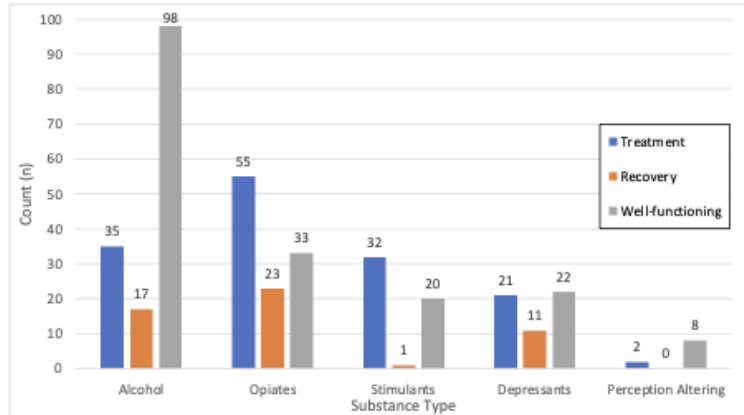
	Treatment n=85	Recovery n=91	Lifetime abstainers n=13	Well functioning n=116
TOTAL Score	17.2 (6.2, 4 – 29)	26.9 (4.5, 16 – 36)	29.9 (4.5, 23 – 36)	26.0 (6.1, 7 – 35)
Sub-scales				
Everyday	8.5 (3.3, 2 – 15)	12.0 (2.2, 6 – 15)	12.5 (2.6, 7 – 15)	12.4 (3.0, 4 – 15)
Involvement	5.5 (2.6, 0 – 12)	8.9 (2.0, 3 – 12)	10.4 (1.1, 8 – 12)	7.7 (2.2, 1 – 12)
Future	3.2 (2.2, 0 – 9)	6.0 (1.9, 2 – 9)	7.1 (1.7, 5 – 9)	5.9 (2.1, 1 – 9)

ARQ means (sd, range)

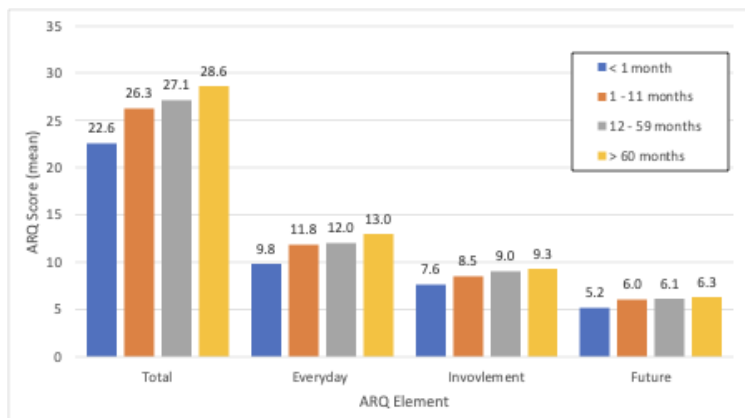


The chart shows that the ARQ is an effective tool for separating problem people from others.

The drugs most commonly found for people in addiction treatment were alcohol and opiates. For the well functioning population alcohol and cannabis were most common.



The chart shows increasing ARQ scores, stronger recovery, the longer the time spent in recovery.



Summary of key psychometric data...

Scale structure

Face validity When asked to rank the top three recovery items the highest number of individuals in each stakeholder group put “abstinence” first but had a variety of second and third choices. Of problem drinkers, 65% put “abstinence” first with 8% putting “accommodation” and “mental health” equal second; 59% of problem drug users put “abstinence” first with 14% putting “staying away” from other users second; 86% of combined problem drinker and drug users, 49% of concerned others, 36% of specialists, 43% of generalists and 42% of commissioners put “abstinence” first.

Factor analysis The original item pool was reduced by factor analysis: three factors loading >0.5 interpreted as subscales: daily activities, substance use involvement, and optimism.

Test-retest reliability $r = 0.82$

Urdu translation

درجہ ذیل میں ایسی چیزیں بیان کی گئی ہیں جو کہ منشیات سے بحالی میں لوگوں کو اہم لگتی ہیں۔ برائے مہربانی نیچے دیے گئے ہر سوال کا پچھلے مہینے کی مطابقت جواب دیں۔

کیا آپ کے۔۔۔

نمبر شمار	AQR Test	بلکل نہیں	شازونازر	اکثر	ہمیشہ
1	ضروریات زندگی بسر کرنے کیلئے کافی رقم موجود تھی؟				
2	آپکی زندگی میں موجود اہم لوگوں نے آپ پر اعتماد کیا؟				
3	مناسب رہائش میں قیام پذیر رہے؟				
4	روزمرہ کی سرگرمیاں جاری رکھی رہیں؟				
5	مجربانہ سرگرمیوں میں ملوث رہا ہوں؟				
6	ایسے لوگوں سے رابطے میں رہا ہوں جو شراب اور دیگر منشیات کا استعمال کرتے رہے؟				
7	ایسے لوگوں کا دوست رہا جو شراب یا دیگر منشیات کا استعمال نہیں کرتے؟				
8	شراب اور دیگر منشیات سے مکمل پرہیز میں رہا؟				
9	منشیات یا ذہنی امراض کی ادویات لیتا رہا؟				
10	مستقبل سے متعلق مثبت احساس تھا؟				
11	اپنے بارے میں عموماً اچھا محسوس کیا؟				
12	شراب یا دیگر منشیات جنہیں آپ نہیں چاہتے تھے۔ استعمال کے دباؤ کی مزاحمت پر پورا اعتماد رہے؟				

Validation paper

Saghir M, Bhatti MI & Ahmed F (2023) Translation and validation of Addiction Recovery Questionnaire (ARQ). Qlantic Journal of Social Sciences and Humanities 4: 94-101

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