

Barriers Questionnaire (1.0A)

There are many different reasons why drinkers do not seek help. Here are some reasons that people give, as to why they don't seek treatment or other kinds of help. Please indicate how important each of these was **for you** as a reason why you did not seek help. Please **circle** one answer for each reason.

FOR OFFICE USE ONLY

Study
_____ ID
_____ Point
_____ Date
_____ Raid

BAROOA-- Constructed 10/95 3 Pages

Was this an important reason why you did not seek help with regard to your drinking?	No, not at all	Somewhat Important	Important	Very Important
1. My drinking seemed fairly normal to me.	0	1	2	3
2. No one told me I had a problem with alcohol or encouraged me to seek help.	0	1	2	3
3. I didn't think I had a serious problem with alcohol.	0	1	2	3
4. I thought I could handle it on my own.	0	1	2	3
5. I didn't think of myself as an alcoholic.	0	1	2	3
6. I was concerned about what other people would think of me if I went for help.	0	1	2	3
7. I was too embarrassed or ashamed.	0	1	2	3
8. I thought that my family would be embarrassed.	0	1	2	3
9. I thought my job might be in danger if I went for help.	0	1	2	3
10. I didn't know where to go for help.	0	1	2	3
11. I didn't want to be told to stop drinking.	0	1	2	3
12. I didn't think it would do any good.	0	1	2	3
13. I couldn't afford to pay for help.	0	1	2	3
14. I had no transportation, no way to get there.	0	1	2	3
15. I needed someone to take care of my children while I was getting help.	0	1	2	3
16. I didn't have the time.	0	1	2	3

Was this an important reason why you did not seek help with regard to your drinking?	No, not at all	Somewhat Important	Important	Very Important
17. I was afraid I'd be put into a hospital.	0	1	2	3
18. I didn't think I needed any help.	0	1	2	3
19. Someone important to me disapproved of my getting help.	0	1	2	3
20. I hate being asked personal questions.	0	1	2	3
21. I was afraid that I would fail, or that it wouldn't help me.	0	1	2	3
22. I thought I was too young to be getting help or treatment.	0	1	2	3
23. I didn't want somebody telling me what to do with my life.	0	1	2	3
24. I've had a bad experience with treatment before.	0	1	2	3
25. Somebody I know had a bad experience with treatment.	0	1	2	3
26. I was afraid of what might happen in treatment.	0	1	2	3
27. My drinking wasn't causing any problems as far as I could see.	0	1	2	3
28. I don't like to talk in groups.	0	1	2	3
29. I liked drinking and didn't want to give it up.	0	1	2	3
30. I thought I'd lose my friends if I went for help.	0	1	2	3
31. I was worried about the bad feelings of going through withdrawal from alcohol.	0	1	2	3
32. I didn't know how I could live without drinking.	0	1	2	3
33. I thought that going for help might get me in legal trouble.	0	1	2	3
34. It just seemed like too much trouble to go for help.	0	1	2	3
35. I liked getting drunk.	0	1	2	3

Was this an important reason why you did not seek help with regard to your drinking?	No, not at all	Somewhat Important	Important	Very Important
36. I couldn't get time off from work.	0	1	2	3
37. Drinking was a way of life for me.	0	1	2	3
38. Drinking really had not caused much trouble or problems for me.	0	1	2	3
39. I was afraid of the people I might see.	0	1	2	3
40. Drinking was not my main problem.	0	1	2	3
41. I didn't feel safe going where I'd have to go for help.	0	1	2	3
42. There seemed to be more good than bad about drinking for me.	0	1	2	3
43. Other people discouraged me from seeking help.	0	1	2	3
44. I don't like to talk about my personal life with other people.	0	1	2	3
45. I thought people would make fun of me.	0	1	2	3
46. I didn't know what would happen to me.	0	1	2	3
47. I didn't want to go to Alcoholics Anonymous or other twelve-step groups.	0	1	2	3
48. I thought that "help" was for people who had worse problems than mine.	0	1	2	3
49. I had no insurance to pay for it.	0	1	2	3
50. I thought my troubles would just go away without any help.	0	1	2	3

Were any other important reasons why you did not seek help? If so, please write them here: