

## Obsessive Compulsive Drinking Scale (OCDS)

### BRIEF DESCRIPTION

The OCDS was developed to reflect obsessionality and compulsivity related to craving and drinking behavior. This instrument has been shown to be sensitive to, and specific for the obsessive and compulsive characteristics of drinking-related thought, urges to drink, and the ability to resist those thoughts and urges in alcohol-abusing and alcohol-dependent populations. The OCDS has been shown to be sensitive as a monitoring tool and has predictive validity for relapse drinking. There is an adolescent version, the A-OCDS. Preliminary data also indicate that the OCDS may be a useful screening instrument for the presence of alcohol abuse and dependence.

### TARGET POPULATION

Adults

Adolescents

#### **Groups for which this instrument might be especially helpful?**

Individuals who abuse or are dependent upon alcohol. May also be used to differentiate between these individuals and those who do not drink excessively. With appropriate modification, may also be useful in the evaluation of, or screening for, other addictive (cocaine, tobacco) or compulsive (gambling, eating) disorders (remains to be tested).

### ADMINISTRATIVE ISSUES

Number of items: 14

Format(s):  Pencil-and-paper self-administered

Interview

Observation

Computer self-administered

Other

Time required for administration: 5 to 10 minutes

Administered by: *Self*

Training required for administration?  yes  no

SCORING

Time required to score/interpret: *1 minute*

Scored by: *Simple addition*

Computerized scoring or interpretation available?  yes  no

Norms available?  yes  no

Instrument normed on subgroups?  yes  no

PSYCHOMETRICS

Have reliability studies been done?  yes  no

What measure(s) of reliability was used?

Test-retest (interrater only)

Split half

Internal consistency

Have validity studies been done?  yes  no

What measures of validity have been derived?

Content

Criterion (predictive, concurrent, "post-delivery")

Construct

CLINICAL UTILITY OF INSTRUMENT

The OCDS is useful for characterizing and quantifying the obsessive and compulsive qualities of craving and heavy (alcoholic) drinking. Additionally, since there is minimal overlap of scores between alcoholic and non-alcoholic (control) groups, this instrument has a very high predictive power for distinguishing alcoholic from non-alcoholic individuals. One potential advantage of the OCDS over the CAGE and MAST questionnaires is that the OCDS is not dependent upon environment-dependent consequences of drinking. It is useful in monitoring individuals in treatment, and increasing scores may predict relapse drinking.

RESEARCH APPLICABILITY

The OCDS is easily modifiable to study the obsessive and compulsive characteristics of other addictive disorders, and may also be useful as a screening instrument for these disorders. This instrument may also be used to characterize further the similarities between alcohol abuse/dependency and obsessive-compulsive disorder. It has been used as an outcome measure in treatment trials. In several controlled treatment trials it has differentiated naltrexone from placebo response.

- SOURCE, COST AND COPYRIGHT ISSUES Copyright:  yes  no  
Cost: None  
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- SOURCE REFERENCE Anton, R.F., Moak, D.H. & Latham, P. (1995). The Obsessive Compulsive Drinking Scale: A self-rated instrument for the quantification of thoughts about alcohol and drinking behavior. *Alcoholism: Clinical and Experimental Research*, 19, 92-99.
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FOREIGN LANGUAGE VERSIONS AND HOW TO OBTAIN

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## KEY REFERENCES FOR FOREIGN LANGUAGE VERSIONS

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