Steps Questionnaire

BRIEF DESCRIPTION
The Steps Questionnaire measures adult alcoholics’ attitudes and beliefs related to the first three of AA’s 12 steps. It assesses beliefs about the individual’s powerlessness over alcohol and the unmanageability of the individual’s life, about the use of a Higher Power as a critical component in the recovery process, and about the individual’s willingness to turn over his or her life to a Higher Power in order to achieve recovery. Individuals respond to each of 42 items on a 7-point scale ranging from “Disagree Strongly” to “Agree Strongly.” The Questionnaire may be scored in two ways, depending on the type of information desired.

TARGET POPULATION
☑ Adults
☐ Adolescents

Groups for which this instrument might be especially helpful?
Persons involved in 12-step treatment programs or mutual help groups

ADMINISTRATIVE ISSUES
Number of items: 42
Number of subscales: 3
Format(s): ☑ Pencil-and-paper self-administered
☐ Interview
☐ Observation
☐ Computer self-administered
☐ Other

Time required for administration: Approximately 15 minutes
Administered by: Anyone
Training required for administration? ☐ yes ☑ no

SCORING
Time required to score/interpret: 15 minutes
Computerized scoring or interpretation available? ☐ yes ☑ no
Norms available? ☐ yes ☑ no
Have reliability studies been done? □ yes □ no
What measure(s) of reliability was used?
□ Test-retest
□ Split half
☒ Internal consistency
Have validity studies been done? □ yes □ no
What measures of validity have been derived?
□ Content
☒ Criterion (predictive, concurrent, "postdictive")
□ Construct

Comments: For the three factor-analytic scales, only during-treatment powerlessness predicted days sober at a 3-month followup (4 followup points, so 1 out of 12 correlations significant). The 15-item Rasch analysis scale had a Cronbach's alpha = .64.

To assess progress in treatment in traditional 12-step programs

To assess implementation of 12-step treatment programs and to examine treatment process effects

Copyright: □ yes □ no
Cost: None
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