

## Negative Alcohol Expectancy Questionnaire (NAEQ)

### BRIEF DESCRIPTION

The NAEQ assesses in a person the extent to which negative consequences are expected to occur if that person were to “go for a drink now.” The expected negative consequences are held to represent motivation to stop/restrain drinking (rather than motivation to drink, as expected positive consequences might measure). They are measured over three consecutive temporal contexts: same-day expected consequences that accompany “going for a drink now,” next-day expected consequences of going for a drink now, and long-term consequences should drinking continue at the current level. The items are cast into three expectancy subscales: Same-Day (21 items), Next-Day (18 items), and Long-Term (21 items). Also, Proximal (Same-Day) and Distal (Next-Day + Long-Term) subscales are computed. Each item consists of a statement about a negative consequence of drinking alcohol that could conceivably occur. Responses are measured in terms of how likely it is that a person would expect them to occur and are measured on a 5-point Likert scale, ranging from 1=highly unlikely to 5=highly likely. There is a version of the NAEQ for the subject/client to self-administer and a version that can be administered by an expert experimenter/therapist. A short version (22 items) is also available. Self-administered versions are available for Apple Macintosh computers in a hypercard program with integral scoring procedures and for PCs and a Plus 2 program (both mouse driven).

### TARGET POPULATION

- Adults  
 Adolescents

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

General target population is adult, either gender and of any drinking status. Principal target population, however, is problem drinkers about to enter treatment or currently in treatment.

### ADMINISTRATIVE ISSUES

Number of items: 60

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

Interview

Observation

Computer self-administered

Time required for administration: 20 minutes (self); 15 minutes (interview)

Administered by: Self, therapist/researcher

Training required for administration?  yes  no

SCORING

Time required to score/interpret: 5 minutes

Scored by: *Therapist/researcher*

Computerized scoring or interpretation available:  yes  no (*for computerized version*)

Norms available:  yes  no

Instrument normed on subgroups?  yes  no

Which groups? *Nonproblem abstainers; light, moderate, and heavy social drinkers; post treatment relapsers (3 months) assessed at admission; and, similarly, posttreatment abstainers (3 months).*

PSYCHOMETRICS

Have reliability studies been done?  yes  no

What measures of reliability were 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

CLINICAL UTILITY OF INSTRUMENT

The NAEQ provides two types of measures: quantitative, assessing the current level of motivation to restrain/stop drinking, and qualitative, assessing the constituent components of the current level of motivation. The quantitative measures are designed to help identify clients with the greater need for their current levels of motivation to be addressed. The qualitative measures (the specific responses to each statement) help provide the information to address these needs (or motivational deficits) as in, for example, a motivational interview. Admission and discharge NAEQ scores can be examined to evaluate the progress of the client in response to treatment.

RESEARCH APPLICABILITY

The decision to take a drink or not must involve at some stage the conscious or unconscious weighing of negative against positive expected consequences of the behavior. Much is known about the positive expected consequences of drinking alcohol; little is known about the negative expected consequences. The NAEQ is designed to help discover more about the latter so that the decisionmaking process can be better modeled. If the scores provided by the NAEQ are, indeed, a valid representation of motivation to stop/restrain drinking, then a yardstick (the NAEQ scores) becomes available capable of measuring and evaluating any impact that a particular factor may have on motivation. Admission and discharge scores can be used to evaluate the effects of different motivational treatments.

SOURCE, COST AND COPYRIGHT ISSUES

Copyright:  yes  no

Cost: *Handling charge for pencil-and-paper version; computerized version  
£100/machine license*

Source: J. McMahon or B.T. Jones  
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United Kingdom

SOURCE REFERENCES

McMahon, J. & Jones, B.T. (1993). The Negative Alcohol Expectancy Questionnaire. *Journal of the Association of Nurses on Substance Abuse*, 12, 17.

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SUPPORTING REFERENCES

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