

## 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

PSYCHOMETRICS

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.*

CLINICAL UTILITY OF INSTRUMENT

To assess progress in treatment in traditional 12-step programs

RESEARCH APPLICABILITY

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

SOURCE, COST AND COPYRIGHT ISSUES

Copyright:  yes  no

Cost: *None*

Source: E.S. Gilbert  
Psychology Service/116C  
White City VA Domiciliary  
8495 Crater Lake Highway  
White City, OR 97503

SOURCE REFERENCE

Gilbert, E.S. (1991). Development of a "Steps Questionnaire." *Journal of Studies on Alcohol*, 52, 353-360.

SUPPORTING REFERENCES

Allen, J.P. (2000). Measuring treatment process variables in Alcoholics Anonymous. *Journal of Substance Abuse Treatment*, 18(3), 227-230.

Morgenstern, J., Frey, R., McCrady, B.S., Labouvie, E. & Neighbors, C. (1996). Examining mediators of change in traditional chemical dependency treatment. *Journal of Studies on Alcohol*, 57(1), 53-64.