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#### BIOQUEST-AL

#### Biographic Questionnaire for Alcoholics

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*In English:*

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All information and materials about the measure can be found at:  
<https://www.testarchive.eu/en/test/9003264>

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# BIOQUEST-AL

## Biographic Questionnaire for Alcoholics

### Instructions

The questionnaire consists of statements concerning your biography.

As everyone has their own opinions about themselves and their lives, there can be no right or wrong answers to these statements.

The test is only useful if you answer sincerely. You may rest assured that the data will be treated confidentially.

Some statements may be difficult to answer. Please always give the correct answer. If you want, you can give additional information on a separate sheet of paper. Don't omit a statement even if it should be difficult to answer.

For each and every statement there are two modes of answering: "yes" and "no". If you want to affirm a statement, you mark the item "yes" and if you want to negate a statement you mark the item "no".

		yes	no
01	Sometimes I feel as if I had come to a dead end.	<input type="radio"/>	<input type="radio"/>
02	My mood changes quickly without any apparent reason.	<input type="radio"/>	<input type="radio"/>
03	I often have a feeling of indifference and inner emptiness.	<input type="radio"/>	<input type="radio"/>
04	I spend more time preparing to live than I do actually living.	<input type="radio"/>	<input type="radio"/>
05	I am always afraid of being embarrassed.	<input type="radio"/>	<input type="radio"/>
06	I am often afraid that I won't be able to achieve the goals I have set for myself.	<input type="radio"/>	<input type="radio"/>
07	Sometimes I am plagued by the idea that I am not up to the demands which life places on me.	<input type="radio"/>	<input type="radio"/>
08	Although I am basically a happy person, things often become too much and too difficult for me.	<input type="radio"/>	<input type="radio"/>
09	I often write things down to be done which I should really do immediately.	<input type="radio"/>	<input type="radio"/>
10	Everyday life is often so grey and empty that I find myself day-dreaming about a better, more pleasant world	<input type="radio"/>	<input type="radio"/>
11	I often find myself just sitting around and dosing off.	<input type="radio"/>	<input type="radio"/>
12	My view of the future is more determined by my fears, wishes and hopes than by the facts.	<input type="radio"/>	<input type="radio"/>
13	My plans often seem to me to be so difficult that I abandon them later.	<input type="radio"/>	<input type="radio"/>
14	I often feel miserable and depressed.	<input type="radio"/>	<input type="radio"/>
15	My physical and mental capabilities are very variable.	<input type="radio"/>	<input type="radio"/>

		yes	no
01	I have always had the feeling that my parents have inwardly rejected me.	<input type="radio"/>	<input type="radio"/>
02	I have occasionally had the feeling that I really don't belong in my family.	<input type="radio"/>	<input type="radio"/>
03	At home I was often punished for things I didn't do.	<input type="radio"/>	<input type="radio"/>
04	I have seldom had quarrels with members of my family.	<input type="radio"/>	<input type="radio"/>
05	I have often had the feeling that there was, so to speak, a wall between me and my parents.	<input type="radio"/>	<input type="radio"/>
06	My father always found fault with me about something or other.	<input type="radio"/>	<input type="radio"/>
07	My parents were there for me when I had problems.	<input type="radio"/>	<input type="radio"/>
08	It often happened that my parents shamed me in front of other children and youngsters.	<input type="radio"/>	<input type="radio"/>
09	I didn't feel good at home because we didn't have a good family life.	<input type="radio"/>	<input type="radio"/>
10	I had a quite trusting relationship with my parents.	<input type="radio"/>	<input type="radio"/>
11	My mother found it difficult to forgive me when I was the cause of trouble.	<input type="radio"/>	<input type="radio"/>
12	My parents quarrel more than others.	<input type="radio"/>	<input type="radio"/>
		yes	no
01	Much of what I plan to do I really carry out.	<input type="radio"/>	<input type="radio"/>
02	I have got the strength and capability of mastering my life.	<input type="radio"/>	<input type="radio"/>
03	With regard to my goal in life I feel certain and determined.	<input type="radio"/>	<input type="radio"/>
04	I am very successful at following something attentively.	<input type="radio"/>	<input type="radio"/>
05	For the most part I have got a positive attitude toward the world.	<input type="radio"/>	<input type="radio"/>
06	I really feel that I can well cope with life's difficulties.	<input type="radio"/>	<input type="radio"/>
07	In the ups and downs of life I manage well.	<input type="radio"/>	<input type="radio"/>
08	I have got persistence when it comes to achieving a set goal.	<input type="radio"/>	<input type="radio"/>
09	I am thoroughly satisfied with the prospects which life offers me.	<input type="radio"/>	<input type="radio"/>
10	Usually I can summon up enough self-control to reach set goals.	<input type="radio"/>	<input type="radio"/>
11	I am always clear about my real interests.	<input type="radio"/>	<input type="radio"/>