Drinking Motives Questionnaire – Revised (DMQ-R)

Thinking of all the times you drink, how often would you say that you drink for the following reasons?

1. To forget your worries?

1 2 3 4 5

almost never/ some of half of most of almost always/

never the time the time the time always

1. Because your friends pressure you to drink?

1 2 3 4 5

almost never/ some of half of most of almost always/

never the time the time the time always

1. Because it helps you enjoy a party?

1 2 3 4 5

almost never/ some of half of most of almost always/

never the time the time the time always

1. Because it helps you when you feel depressed or nervous?

1 2 3 4 5

almost never/ some of half of most of almost always/

never the time the time the time always

1. To be sociable?

1 2 3 4 5

almost never/ some of half of most of almost always/

never the time the time the time always

1. To cheer up when you are in a bad mood?

1 2 3 4 5

almost never/ some of half of most of almost always/

never the time the time the time always

1. Because you like the feeling?

1 2 3 4 5

almost never/ some of half of most of almost always/

never the time the time the time always

1. So that others won’t kid you about *not* drinking?

1 2 3 4 5

almost never/ some of half of most of almost always/

never the time the time the time always

1. Because it’s exciting?

1 2 3 4 5

almost never/ some of half of most of almost always/

never the time the time the time always

1. To get high?

1 2 3 4 5

almost never/ some of half of most of almost always/

never the time the time the time always

1. Because it makes social gatherings more fun?

1 2 3 4 5

almost never/ some of half of most of almost always/

never the time the time the time always

1. To fit in with a group you like?

1 2 3 4 5

almost never/ some of half of most of almost always/

never the time the time the time always

1. Because it gives you a pleasant feeling?

1 2 3 4 5

almost never/ some of half of most of almost always/

never the time the time the time always

1. Because it improves parties and celebrations?

1 2 3 4 5

almost never/ some of half of most of almost always/

never the time the time the time always

1. Because you feel more self-confident and sure of yourself?

1 2 3 4 5

almost never/ some of half of most of almost always/

never the time the time the time always

1. To celebrate a special occasion with friends?

1 2 3 4 5

almost never/ some of half of most of almost always/

never the time the time the time always

1. To forget about your problems?

1 2 3 4 5

almost never/ some of half of most of almost always/

never the time the time the time always

1. Because it’s fun?

1 2 3 4 5

almost never/ some of half of most of almost always/

never the time the time the time always

1. To be liked?

1 2 3 4 5

almost never/ some of half of most of almost always/

never the time the time the time always

1. So you won’t feel left out?

1 2 3 4 5

almost never/ some of half of most of almost always/

never the time the time the time always