



Penn Alcohol Craving Scale (PACS)

Instructions:

Please read each item carefully and select the response that best describes your craving during the past week.

1	During the past week how often have you thought about drinking or about how good a drink would make you feel?
	0 Never (0 times during the past week)
	1 Rarely (1 to 2 times during the past week)
	2 Occasionally (3 to 4 times during the past week)
	3 Sometimes (5 to 10 times during the past week or 1 to 2 times per day)
	4 Often (11 to 20 times during the past week or 2 to 3 times per day)
	5 Most of the time (20 to 40 times during the past week or 3 to 6 times per day)
	6 Nearly all of the time (more than 40 times during the past week or more than 6 times per day)
2	At its most severe point, how strong was your craving during the past week?
	0 None at all
	1 Slight, that is a very mild urge
	2 Mild urge
	3 Moderate urge
	4 Strong urge, but easily controlled
	5 Strong urge and difficult to control
	6 Strong urge and would have drunk alcohol if it were available
3	During the past week how much time have you spent thinking about drinking or about how good a drink would make you feel?
	0 None at all
	1 Less than 20 minutes
	2 21 to 45 minutes
	3 46 to 90 minutes
	4 90 minutes to 3 hours
	5 Between 3 to 6 hours
	6 More than 6 hours
4	During the past week how difficult would it have been to resist taking a drink if you had known a bottle were in your house?
	0 Not difficult at all
	1 Very mildly difficult
	2 Mildly difficult
	3 Moderately difficult
	4 Very difficult
	5 Extremely difficult
	6 Would not be able to resist



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5 Keeping in mind your responses to the previous questions, please rate your overall average alcohol craving for the past week.

- 0 Never thought about drinking and never had the urge to drink
- 1 Rarely thought about drinking and rarely had the urge to drink
- 2 Occasionally thought about drinking and occasionally had the urge to drink
- 3 Sometimes thought about drinking and sometimes had the urge to drink
- 4 Often thought about drinking and often had the urge to drink
- 5 Thought about drinking most of the time and had the urge to drink most of the time
- 6 Thought about drinking nearly all of the time and had the urge to drink nearly all of the time

Developer Reference:

Flannery, B. A., Volpicelli, J. R., & Pettinati, H. M. (1999). Psychometric properties of the Penn Alcohol Craving Scale. *Alcoholism: Clinical and Experimental Research*, 23(8), 1289–1295.
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