

BARC Survey

On a scale of 1 (**Strongly DISAGREE**) to 6 (**Strongly AGREE**), choose your level of agreement with the following statements:

1 = Strongly Disagree

2 = Disagree

3 = Somewhat Disagree

4 = Somewhat Agree

5 = Agree

6 = Strongly Agree

1. There are more important things to me in life than using substances. _____
2. In general I am happy with my life. _____
3. I have enough energy to complete the tasks I set myself. _____
4. I am proud of the community I live in and feel a part of it. _____
5. I get lots of support from friends. _____
6. I regard my life as challenging and fulfilling without the need for using drugs or alcohol. _____
7. My living space has helped to drive my recovery journey. _____
8. I take full responsibility for my actions. _____
9. I am happy dealing with a range of professional people. _____
10. I am making good progress on my recovery journey. _____

TOTAL SCORE _____

SCORING - Rate your agreement with each statement "Strongly Disagree" (as 1) to "Strongly Agree" (as 6).

Scores for each question are added together to create a total score ranging from 10 to 60.

Scores of 47 or higher that are sustained over time indicate higher chances for long-term remission from SUD.

Full-text items deposited in SHURA are subject to copyright. Unless indicated otherwise, all rights are reserved and items may only be used in accordance with national copyright laws. **Terms of Use** SHURA is an open access repository containing scholarly outputs and publications of researchers at Sheffield Hallam University which aim to ensure peer-reviewed scholarly outputs and publications are freely available a global audience without barriers to access such as subscription payments. **Reference** Vilsaint, C. L., Kelly, J. F., Bergman, B. G., Groshkova, T., Best, D., & White, W. (2017). Development and validation of a Brief Assessment of Recovery Capital (BARC-10) for alcohol and drug use disorder. *Drug and Alcohol Dependence*, 177, 71–76.