

Title: Assessment of service to others in sobriety (SOS).

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Summary:

Alcoholics Anonymous (AA) participation often is of interest in alcoholism treatment research, but few measures assessing components of this multi-dimensional construct have been developed with known psychometric properties. It is common for measures of AA participation to blur the important distinction between frequency of AA attendance and other AA programmatic components, such as AA-related helping. This study provides psychometric findings for the Service to Others in Sobriety (SOS) scale, a brief self-report inventory that measures levels of AA-related help to others in recovery. Normative data are provided based on a national sample of treatment seeking alcoholics (N = 301), and SOS validity and response stability is reported by using a test-retest sample (N=34). Findings demonstrated adequate psychometric properties of the SOS, including a one-factor solution, convergent validity, internal consistency ($\alpha=.80$), test-retest reliability ($r=.90$), and scale feasibility. The SOS is a valid and reliable measurement of AA-related service activities pertinent to the daily lives of recovering alcoholics, accessible to all, and available both inside and outside 12-step meetings. The SOS can serve as a useful instrument for assessing levels of AA-related helping for alcoholics in treatment, aftercare, and throughout their lifespan course of recovery.

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