

# Alcohol Abstinence Self-Efficacy Scale

Agency Name: \_\_\_\_\_

Site Name: \_\_\_\_\_

ID #: \_\_\_\_\_

Date: \_\_\_ / \_\_\_ / \_\_\_\_\_

Listed below are a number of situations that lead some people to drink. We would like to know **how TEMPTED you may be to drink in each situation**. Check the answer that best describes the feelings of temptation in each situation at the present time.

SITUATION	TEMPTED				
	Not at all	Not very	Moderately	Very	Extremely
1. When I am in agony because of stopping or withdrawing from alcohol use	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4
2. When I have a headache	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4
3. When I am feeling depressed	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4
4. When I am on vacation and want to relax	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4
5. When I am concerned about someone	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4
6. When I am very worried	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4
7. When I have the urge to try just one drink to see what happens	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4
8. When I am being offered a drink in a social situation	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4
9. When I dream about taking a drink	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4
10. When I want to test my willpower over drinking	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4
11. When I am feeling a physical need or craving for alcohol	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4
12. When I am physically tired	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4
13. When I am experiencing some physical pain or injury	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4
14. When I feel like blowing up because of frustration	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4
15. When I see others drinking at a bar or at a party	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4
16. When I sense everything is going wrong for me	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4
17. When people I used to drink with encourage me to drink	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4
18. When I am feeling angry inside	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4
19. When I experience an urge or impulse to take a drink that catches me unprepared	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4
20. When I am excited or celebrating with others	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4

Listed below are a number of situations that lead some people to drink. We would like to know **how CONFIDENT are you that you WOULD NOT drink in each situation.** Check the answer that best describes the feelings of confidence in each situation at the present time.

SITUATION	CONFIDENCE				
	Not at all	Not very	Moderately	Very	Extremely
21. When I am in agony because of stopping or withdrawing from alcohol use	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4
22. When I have a headache	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4
23. When I am feeling depressed	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4
24. When I am on vacation and want to relax	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4
25. When I am concerned about someone	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4
26. When I am very worried	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4
27. When I have the urge to try just one drink to see what happens	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4
28. When I am being offered a drink in a social situation	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4
29. When I dream about taking a drink	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4
30. When I want to test my willpower over drinking	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4
31. When I am feeling a physical need or craving for alcohol	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4
32. When I am physically tired	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4
33. When I am experiencing some physical pain or injury	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4
34. When I feel like blowing up because of frustration	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4
35. When I see others drinking at a bar or at a party	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4
36. When I sense everything is going wrong for me	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4
37. When people I used to drink with encourage me to drink	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4
38. When I am feeling angry inside	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4
39. When I experience an urge or impulse to take a drink that catches me unprepared	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4
40. When I am excited or celebrating with others	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4

Reference: DiClemente CC; Carbonari JP; Montgomery RPG; Hughes SO. The Alcohol Abstinence Self-Efficacy Scale. Journal of Studies on Alcohol 1994;55:141-148.

**ALCOHOL ABSTINENCE SELF-EFFICACY (AASE)****NEGATIVE AFFECT**

- 18 or 38. When I am feeling angry inside
- 16 or 36. When I sense everything is going wrong for me
- 3 or 23. When I am feeling depressed
- 14 or 34. When I feel like blowing up because of frustration
- 6 or 26. When I am very worried

**SOCIAL/POSITIVE**

- 15 or 35. When I see others drinking at a bar or at a party
- 20 or 40. When I am excited or celebrating with others
- 4 or 24. When I am on vacation and want to relax
- 17 or 37. When people I used to drink with encourage me to drink
- 8 or 28. When I am being offered a drink in a social situation

**PHYSICAL AND OTHER CONCERNS**

- 2 or 22. When I have a headache
- 12 or 32. When I am physically tired
- 5 or 25. When I am concerned about someone
- 13 or 33. When I am experiencing some physical pain or injury
- 9 or 29. When I dream about taking a drink

**CRAVING AND URGES**

- 1 or 21. When I am in agony because of stopping or withdrawing from alcohol use
- 7 or 27. When I have the urge to try just one drink to see what happens
- 11 or 31. When I am feeling a physical need or craving for alcohol
- 10 or 30. When I want to test my willpower over drinking
- 19 or 39. When I experience an urge or impulse to take a drink that catches me unprepared