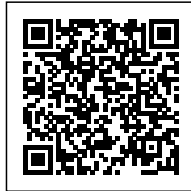


SELF-EFFICACY SCALES- ALCOHOL ABSTINENCE

Posted on August 1, 2020 by mohammad jameel



20 items

1. When I am in agony because of stopping or withdrawing from alcohol use.
2. When I have a headache.
3. When I am feeling depressed.
4. When I am on vacation and want to relax.
5. When I am concerned about someone.
6. When I am worried.
7. When I have the urge to try just one drink to see what happens.
8. When I am being offered a drink in a social situation.
9. When I dream about taking a drink.
10. When I want to test my will power over drinking.
11. When I am feeling a physical need or craving for alcohol.
12. When I am physically tired.
13. When I am experiencing some physical pain or injury.
14. When I feel like blowing up because of frustration.
15. When I see others drinking at a bar or a party.
16. When I sense everything is going wrong for me.
17. When people I used to drink with encourage me to drink.
18. When I am feeling angry inside.
19. When I experience an urge or impulse to take a drink that catches me unprepared.
20. When I am excited or celebrating with others.

12 items

1. When I am feeling depressed.
2. When I am concerned about someone.
3. When I am worried.
4. When I have the urge to try just one drink to see what happens.
5. When I want to test my will power over drinking.
6. When I am feeling a physical need or craving for alcohol.
7. When I am physically tired.
8. When I am experiencing some physical pain or injury.

9. When I feel like blowing up because of frustration.
10. When I see others drinking at a bar or a party.
11. When people I used to drink with encourage me to drink.
12. When I am excited or celebrating with others.

The Transtheoretical Model (TTM; Prochaska & DiClemente, 1983; Prochaska, DiClemente, & Norcross, 1992)

Confidence: Negative Affect (.88), Social/Positive (.82), Physical and Other Concerns (.83), Withdrawal/Urges (.81) "DiClemente, et. al (1994)"

Confidence: Negative Affect (.64), Social/Positive (.61), Physical and Other Concerns (.67), Withdrawal/Urges (.63) "Project DELTA"

1=Not at all confident, 2=Not very confident, 3=Moderately confident, 4=Very confident, 5=Extremely confident

20 Item Version

- Negative Affect 3, 6, 14, 16, 18
- Social/Positive 4, 8, 15, 17, 20
- Physical and Other Concerns 2, 5, 9, 12, 13
- Cravings and Urges 1, 7, 10, 11, 19

12 Item Version

- Negative Affect 1, 3, 9
- Social/Positive 10, 11, 12
- Physical and Other Concerns 2, 7, 8
- Cravings and Urges 4, 5, 6

This instrument can be found at: <http://habitslab.umbc.edu/self-efficacy-scales/>

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