

DRUG AVOIDANCE SELF-EFFICACY SCALE (DASES)

INSTRUCTIONS: Please circle a number from 1 to 7 for each question, indicating what you would be likely to do in each situation.

1. Imagine that you are going to a party where you will meet new people. You feel that drug/alcohol use will relax you and make you more confident. Could you avoid drug/alcohol use?

1 2 3 4 5 6 7

certainly yes; probably yes; likely yes; can't say; probably no; likely no; certainly no

2. Imagine that you have just blown a good job, you are home alone and depressed. Would you give in to the urge to take drugs/alcohol which are in the house?

1 2 3 4 5 6 7

certainly yes; probably yes; likely yes; can't say; probably no; likely no; certainly no

3. Imagine that you are home with a loved one, and feeling angry after a fight. You want to make up, but at the same time you want to get stoned/loaded. Could you resist the urge to take drugs/alcohol?

1 2 3 4 5 6 7

certainly yes; probably yes; likely yes; can't say; probably no; likely no; certainly no

4. Imagine that you are feeling good and have no responsibilities for a couple of days. The only thing you see against getting a bit stoned/loaded is that you have promised yourself you would go straight for 2 months, and you still have 3 weeks to go. Would you take drugs/alcohol?

1 2 3 4 5 6 7

certainly yes; probably yes; likely yes; can't say; probably no; likely no; certainly no

5. Imagine it is late, you cannot sleep and drugs/alcohol are available in the house. You have decided not to use drugs. Could you resist the urge to use drugs to help you get to sleep?

1 2 3 4 5 6 7

certainly yes; probably yes; likely yes; can't say; probably no; likely no; certainly no

6. Imagine that a new job is starting tomorrow, you are going out with friends and expecting a good time. Could you resist the urge to celebrate with drugs/alcohol?

1 2 3 4 5 6 7

certainly yes; probably yes; likely yes; can't say; probably no; likely no; certainly no

7. Imagine that you are home with your loved one, and very angry after a fight. You are tempted to get back at your partner by getting stoned/loaded. Would you give in to the temptation?

1 2 3 4 5 6 7

certainly yes; probably yes; likely yes; can't say; probably no; likely no; certainly no

8. Imagine that a very important relationship has just ended, and you are very depressed. Would you give in to the urge to take drugs/alcohol?.

1 2 3 4 5 6 7

certainly yes; probably yes; likely yes; can't say; probably no; likely no; certainly no

9. Imagine that you have run into 2 friends who are celebrating a \$100 lottery win with drugs/alcohol. Could you resist their urging to join them in drug/alcohol use?

1 2 3 4 5 6 7

certainly yes; probably yes; likely yes; can't say; probably no; likely no; certainly no

10. Imagine that you are at a party and feeling uptight. Most people seem to be having a good time. You are tempted to use drugs/alcohol to loosen up. Would you?

1 2 3 4 5 6 7

certainly yes; probably yes; likely yes; can't say; probably no; likely no; certainly no

11. Imagine that you promised yourself to stay straight for 2 months but you have just blown your 5 week record with one hit or drink. Would this situation lead you to take a second one?

1 2 3 4 5 6 7

certainly yes; probably yes; likely yes; can't say; probably no; likely no; certainly no

12. Imagine that you had managed to stay straight for a near record time, but last night you blew it. Because of last night you are feeling weak. would you take drugs/alcohol tonight?

1 2 3 4 5 6 7

certainly yes; probably yes; likely yes; can't say; probably no; likely no; certainly no

13. Imagine that you are home alone and depressed. Could you resist the urge to go out and find some drugs/alcohol?

1 2 3 4 5 6 7

certainly yes; probably yes; likely yes; can't say; probably no; likely no; certainly no

14. Imagine that a good friend has accused you of being insensitive. Now you are feeling hurt and tempted to use drugs/alcohol. Could you resist?

1 2 3 4 5 6 7

certainly yes; probably yes; likely yes; can't say; probably no; likely no; certainly no

15. Imagine that a good friend is feeling miserable. He wants you to join him in heavy discussion and drug/alcohol use to pick his spirits up. Could you resist the urge to take drugs/alcohol?

1 2 3 4 5 6 7

certainly yes; probably yes; likely yes; can't say; probably no; likely no; certainly no

16. Imagine that you are home alone; it is a dull weekend with nothing in particular to look forward to. You are bored. Would you give in to the urge to get stoned/loading?

1 2 3 4 5 6 7

certainly yes; probably yes; likely yes; can't say; probably no; likely no; certainly no