

Drinking Related Internal-External Locus of Control Scale

Agency Name: _____

Site Name: _____

ID #: _____

Date: ___ / ___ / _____

These are questions to find out the way in which certain important events in our society affect different people. Each item consists of a pair of alternatives. Please select the one statement of each pair (and only one) which you more strongly believe to be the case as far as you are concerned. Be sure to select the one you actually believe to be more true rather than the one you would like to be true. This is a measure of personal belief: obviously there are no right or wrong answers.

Please answer these items carefully but do not spend too much time on any one item. Be sure to find an answer for every choice. Find the number of the item and check one of the boxes, whichever one you choose to be the one more true. In some instances you may discover that you believe both statements or neither one. In such cases, be sure to select the one you more strongly believe to be the case as far as you're concerned. Also try to respond to each item independently when making your choice; do not be influenced by your previous choices.

1.	<input type="checkbox"/> One of the major reasons why people drink is because they cannot handle their problems. <input type="checkbox"/> People drink because circumstances force them to.
2.	<input type="checkbox"/> The idea that men or women are driven to drink by their spouses is nonsense. <input type="checkbox"/> Most people do not realize that drinking problems are influenced by accidental happenings.
3.	<input type="checkbox"/> I feel so helpless in some situations that I need a drink. <input type="checkbox"/> Abstinence is just a matter of deciding that I no longer want to drink.
4.	<input type="checkbox"/> I have the strength to withstand pressures at work. <input type="checkbox"/> Trouble at work or home drives me to drink.
5.	<input type="checkbox"/> Without the right breaks one cannot stay sober. <input type="checkbox"/> Alcoholics who are not successful in curbing their drinking often have not taken advantage of help that is available.
6.	<input type="checkbox"/> There is no such thing as an irresistible temptation to drink. <input type="checkbox"/> Many times there are circumstances that force you to drink.
7.	<input type="checkbox"/> I get so upset over small arguments, that they cause me to drink. <input type="checkbox"/> I can usually handle arguments without taking a drink.
8.	<input type="checkbox"/> Successfully licking alcoholism is a matter of hard work, luck has little to do with it. <input type="checkbox"/> Staying sober depends mainly on things going right for you.
9.	<input type="checkbox"/> When I see a bottle, I cannot resist taking a drink. <input type="checkbox"/> It is no more difficult for me to resist drinking when I am near a bottle than when I am not.
10.	<input type="checkbox"/> The average person has an influence on whether he drinks or not. <input type="checkbox"/> Oftentimes, other people drive one to drink.
11.	<input type="checkbox"/> When I am at a party where others are drinking, I can avoid taking a drink. <input type="checkbox"/> It is impossible for me to resist drinking if I am at a party where others are drinking.

12.	<input type="checkbox"/> Those who are successful in quitting drinking are the ones who are just plain lucky. <input type="checkbox"/> Quitting drinking depends upon lots of effort and hard work (luck has little or nothing to do with it).
13.	<input type="checkbox"/> I feel powerless to prevent myself from drinking when I am anxious or unhappy. <input type="checkbox"/> If I really wanted to, I could stop drinking.
14.	<input type="checkbox"/> It is easy for me to have a good time when I am sober. <input type="checkbox"/> I cannot feel good unless I am drinking.
15.	<input type="checkbox"/> As far as drinking is concerned, most of us are victims of forces we can neither understand or control. <input type="checkbox"/> By taking an active part in our treatment programs, we can control our drinking.
16.	<input type="checkbox"/> I have control over my drinking behavior. <input type="checkbox"/> I feel completely helpless when it comes to resisting a drink.
17.	<input type="checkbox"/> If people want to badly enough, they can change their drinking behavior. <input type="checkbox"/> It is impossible for some people to ever stop drinking.
18.	<input type="checkbox"/> With enough effort we can lick our drinking. <input type="checkbox"/> It is difficult for alcoholics to have much control over their drinking.
19.	<input type="checkbox"/> If someone offers me a drink, I cannot refuse him. <input type="checkbox"/> I have the strength to refuse a drink.
20.	<input type="checkbox"/> Sometimes I cannot understand how people can control their drinking. <input type="checkbox"/> There is a direct connection between how hard people try and how successful they are in stopping their drinking.
21.	<input type="checkbox"/> I can overcome my urge to drink. <input type="checkbox"/> Once I start to drink I can't stop.
22.	<input type="checkbox"/> Drink isn't necessary in order to solve my problems. <input type="checkbox"/> I just cannot handle my problems unless I take a drink first.
23.	<input type="checkbox"/> Most of the time I can't understand why I continue drinking. <input type="checkbox"/> In the long run, I am responsible for my drinking problems.
24.	<input type="checkbox"/> If I make up my mind, I can stop drinking. <input type="checkbox"/> I have no will power when it comes to drinking.
25.	<input type="checkbox"/> Drinking is my favorite form of entertainment. <input type="checkbox"/> It wouldn't bother me if I could never have another drink.

Reference: Keyson M; Janda, L. "Untitled Locus of Drinking Control Scale." St. Luke's Hospital, Phoenix, AZ, unpublished.

Scoring of the DRIE

External Options are:

1. b	14. b
2. b	15. a
3. a	16. b
4. b	17. b
5. a	18. b
6. b	19. a
7. a	20. a
8. b	21. b
9. a	22. b
10. b	23. a
11. b	24. b
12. a	25. a
13. a	

The DRIE is scored on the External direction by summing the number of external response options endorsed.

Total Score—Sum of external items endorsed across the entire scale:

$1b+2b+3a+4b+5a+6b+7a+8b+9a+10b+11b+12a+13a+14b+15a+16b+17b+18b+19a+20a+21b+22b+23a+24b+25a$

Factor 1—Intrapersonal Factor Sum = $9a+11b+13a+14b+16b+17b+25a$

Factor 2—Interpersonal Factor Sum = $3a+4b+6b+7a+10b+22b+23a$

Factor 3—General Control Factor Sum = $5a+8b+20a$