

Drug Abstinence Self-efficacy Scale

Client ID# \_\_\_\_\_  
 Date: \_\_\_\_/\_\_\_\_/\_\_\_\_  
 Assessment Point: \_\_\_\_\_

**LISTED BELOW ARE A NUMBER OF SITUATIONS THAT LEAD SOME PEOPLE TO USE ILLEGAL DRUGS. WE WOULD LIKE TO KNOW HOW CONFIDENT YOU ARE THAT YOU WOULD NOT USE ILLEGAL DRUGS IN EACH SITUATION.**

**CIRCLE THE NUMBER THAT BEST DESCRIBES YOUR FEELINGS OF CONFIDENCE TO NOT USE ILLEGAL DRUGS IN EACH SITUATION DURING THE PAST WEEK ACCORDING TO THE FOLLOWING SCALE:**

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

Situation	Confident not to use illegal drugs				
	Not at all	Not very	Moderately	Very	Extremely
1) When I am in agony because of stopping or withdrawing from drug use.	1	2	3	4	5
2) When I have a headache.	1	2	3	4	5
3) When I am feeling depressed.	1	2	3	4	5
4) When I am on vacation and want to relax.	1	2	3	4	5
5) When I am concerned about someone.	1	2	3	4	5
6) When I am worried.	1	2	3	4	5
7) When I have the urge to use drugs to see what happens.	1	2	3	4	5
8) When I am being offered drugs in a social situation.	1	2	3	4	5
9) When I dream about using drugs.	1	2	3	4	5
10) When I want to test my will power over using drugs.	1	2	3	4	5

Situation	Confident not to use illegal drugs				
	Not at all	Not very	Moderately	Very	Extremely
11) When I am feeling a physical need or craving for drugs.	1	2	3	4	5
12) When I am physically tired.	1	2	3	4	5
13) When I am experiencing some physical pain or injury.	1	2	3	4	5
14) When I feel like blowing up because of frustration.	1	2	3	4	5
15) When I see others using drugs at a bar or a party.	1	2	3	4	5
16) When I sense everything is going wrong for me.	1	2	3	4	5
17) When people I used to use drugs with encourage me to use drugs.	1	2	3	4	5
18) When I am feeling angry inside.	1	2	3	4	5
19) When I experience an urge or impulse to use drugs that catches me unprepared.	1	2	3	4	5
20) When I am excited or celebrating with others.	1	2	3	4	5