

## Alcohol Abstinence Self-Efficacy Scale (AASE) 20-Item

(DiClemente et al., 1994)

**Instructions for participants.** 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 drink alcohol in each situation.

Circle the number that best describes your feelings of confidence to not drink alcohol 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.

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 willpower 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 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.

**Scoring Instructions.** To obtain a mean overall Abstinence Self-efficacy score, sum scores from all items and divide by 20. To obtain mean scores for individual subscales, sum item scores for each subscale and divide by the number of items (5). The subscales and their corresponding questions are: Negative affect, questions 3, 6, 14, 16, 18; Social/positive, questions 4, 8, 15, 17,

20; Physical and other concerns, questions 2, 5, 9, 12, 13; and Cravings and Urges, questions 1, 7, 10, 11, 19.

**Citation:**

DiClemente, C.C., Carbonari, J.P, Montgomery, R.P., & Hughes, S.O. (1994) The Alcohol Abstinence Self-Efficacy scale. *Journal of Studies on Alcohol*, 55(2), 141-148.