

Alcohol Abstinence Self-Efficacy Scale (AASE) 12-Item

(McKiernan et al., 2011)

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 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 willpower 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 party.
11. When people I used to drink with encourage me to drink.
12. 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 12. To obtain mean scores for individual subscales, sum item scores for each subscale and divide by the number of items (3). The subscales and their corresponding questions are: Negative affect, questions 1, 3 10; Social/positive, questions 2, 5, 12; Physical and fatigue, questions 7, 8, 9; and Cravings and Urges, questions 4, 6, 11.

Citation:

McKiernan, P., Cloud, R., Patterson, D. A., Wolf Adelv Unegv Waya, S., Golder, S., & Besel, K. (2011). Development of a Brief Abstinence Self-Efficacy Measure. *Journal of social work practice in the addictions, 11*(3), 245–253.