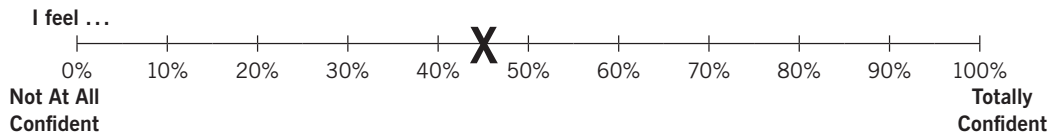


APPENDIX D

Brief Situational Confidence Questionnaire (BSCQ)

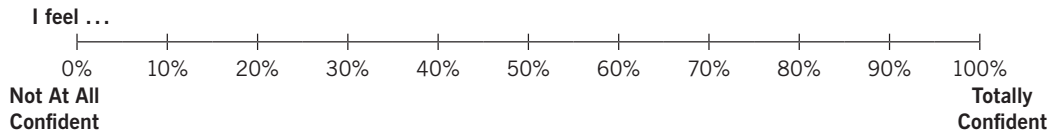
Listed below are eight types of situations in which some people experience an alcohol or drug problem. The questions are to be answered in relation to your alcohol or primary drug problem.

Imagine yourself as you are **right now** in each of the following types of situations. Indicate on the scale provided how confident you are **right now** that you would be able to resist drinking heavily or resist the urge to use your primary drug in each situation by placing an “X” along the line, from 0% “Not At All Confident” to 100% “Totally Confident,” as in the example below.

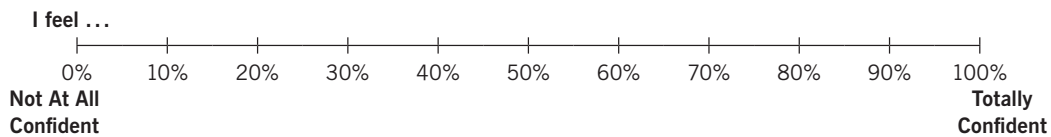


Right now I would be able to resist the urge to drink heavily or resist the urge to use my primary drug in situations involving ...

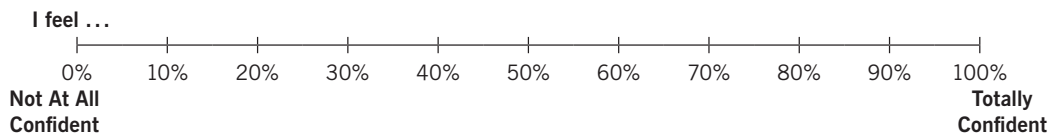
- 1. UNPLEASANT EMOTIONS (e.g., If I were depressed about things in general; If everything was going badly for me).



- 2. PHYSICAL DISCOMFORT (e.g., If I would have trouble sleeping; If I felt jumpy and physically tense).



- 3. PLEASANT EMOTIONS (e.g., If something good would happen and I would feel like celebrating; if everything was going well).



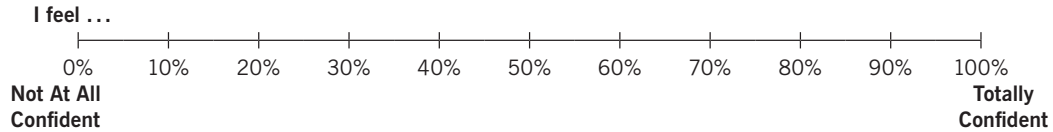
(cont.)

From Breslin, F. C., Sobell, L. C., Sobell, M. B., & Agrawal, S. (2000). A comparison of a brief and long version of the Situational Confidence Questionnaire. *Behaviour Research and Therapy*, 38(12), 1211–1220. Copyright 2000, with permission from Elsevier.

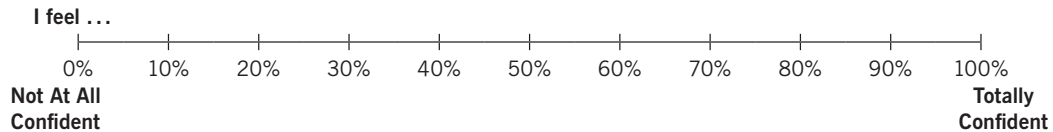
Brief Situational Confidence Questionnaire (page 2 of 2)

Right now I would be able to resist the urge to drink heavily or resist the urge to use my primary drug in situations involving ...

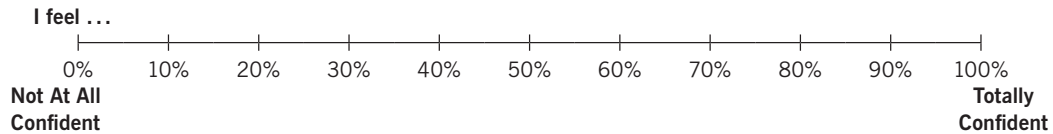
4. **TESTING CONTROL OVER MY USE OF ALCOHOL or DRUGS** (e.g., If I would start to believe that alcohol or drugs were no longer a problem for me; If I would feel confident that I could handle drugs or several drinks).



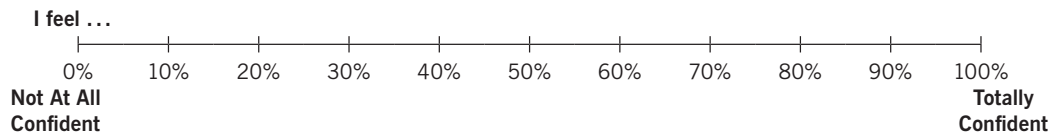
5. **URGES AND TEMPTATIONS** (e.g., If I suddenly had an urge to drink or use drugs; If I were in a situation where I had often used drugs or drank heavily; If I began to think of how good a rush or high had felt).



6. **CONFLICT WITH OTHERS** (e.g., If I had an argument with a friend; If I were not getting along well with others at work).



7. **SOCIAL PRESSURE TO USE** (e.g., If someone would pressure me to "be a good sport" and drink or use drugs with them; If I would be invited to someone's home and they would offer me a drink or drugs).



8. **PLEASANT TIMES WITH OTHERS** (e.g., If I wanted to celebrate with a friend; If I would be enjoying myself at a party and wanted to feel even better).

