

Drug Avoidance Self-Efficacy Scale (DASES)

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Martin, G.W., Wilkinson, D.A., & Poulos, C.X. (1995). The drug avoidance self-efficacy scale. *Journal of Substance Abuse*, 7(2), 151-163.

(Project Name / Activity Name)
Pre-activity evaluation questionnaire

Participant no.: _____

The following 16 situations may trigger someone’s intention to take drugs. Please select a response for each question, indicating what you would be likely to do in each situation. Use the rating scale below.

This questionnaire is used for project evaluation only. All information will be kept confidential. Drug taking refers to the use of prohibited or legal psychotropic drugs e.g. ketamine, marijuana, “ice”, ecstasy, cough medicine, thinner etc. without doctor’s prescription.

7	6	5	4	3	2	1	
Certainly yes	Very likely yes	Probably yes	Really can't say	Probably no	Very likely no	Certainly no	
1. Imagine that you are going to a party where you will meet new people. You feel that drug use will relax you and make you more confident. Could you avoid drug use?	7	6	5	4	3	2	1
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. Imagine that you have just blown a good job, you are home alone and depressed. Would you give in to the urge to take drugs which are in the house?	7	6	5	4	3	2	1
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. Imagine that you are home with a loved one, and feeling angry after a fight. You want to make up, but at the same time you want to get stoned/loaded. Could you resist the urge to take drugs?	7	6	5	4	3	2	1
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. Imagine that you are feeling good and have no responsibilities for a couple of days. The only thing you see against getting a bit stoned/loaded is that you have promised yourself you would go straight for 2 months, and you still have 3 weeks to go. Would you take drugs?	7	6	5	4	3	2	1
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. Imagine it is late, you cannot sleep and drugs are available in the house. You have decided not to use drugs. Could you resist the urge to use drugs to help you get to sleep?	7	6	5	4	3	2	1
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. Imagine that a new job is starting tomorrow, you are going out with friends and expecting a good time. Could you resist the urge to celebrate with drugs?	7	6	5	4	3	2	1
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. Imagine that you are home with your loved one, and very angry after a fight. You are tempted to get back at your partner by getting stoned/loaded. Would you give in to the temptation?	7	6	5	4	3	2	1
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

7	6	5	4	3	2	1	
Certainly yes	Very likely yes	Probably yes	Really can't say	Probably no	Very likely no	Certainly no	
8. Imagine that a very important relationship has just ended, and you are very depressed. Would you give in to the urge to take drugs?	7	6	5	4	3	2	1
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9. Imagine that you have run into 2 friends who are celebrating a win at horse racing with drugs. Could you resist their urging to join them in drug use?	7	6	5	4	3	2	1
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10. Imagine that you are at a party and feeling uptight. Most people seem to be having a good time. You are tempted to use drugs to loosen up. Would you?	7	6	5	4	3	2	1
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
11. Imagine that you promised yourself to stay straight for 2 months but you have just blown your 5 week record with one hit or drink. Would this situation lead you to take a second one?	7	6	5	4	3	2	1
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
12. Imagine that you had managed to stay straight for a near record time, but last night you blew it. Because of last night you are feeling weak. Would you take drugs tonight?	7	6	5	4	3	2	1
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
13. Imagine that you are home alone and depressed. Could you resist the urge to go out and find some drugs?	7	6	5	4	3	2	1
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
14. Imagine that a good friend has accused you of being insensitive. Now you are feeling hurt and tempted to use drugs. Could you resist?	7	6	5	4	3	2	1
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
15. Imagine that a good friend is feeling miserable. He wants you to join him in heavy discussion and drug use to pick his spirits up. Could you resist the urge to take drugs?	7	6	5	4	3	2	1
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
16. Imagine that you are home alone; it is a dull weekend with nothing in particular to look forward to. You are bored. Would you give in to the urge to get stoned/loading?	7	6	5	4	3	2	1
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Gender: 1 Male 2 Female

Age: _____ years old

Have you joined any of the following activities: (select all that apply)

- 1 *Please list other activities in the programme* 2 *Please list other activities in the programme*
3 *Please list other activities in the programme* 4 *Please list other activities in the programme*
5 *Please list other activities in the programme* 6 *Please list other activities in the programme*

~ Thank you ~

(Project Name / Activity Name)
Post-activity evaluation questionnaire

Participant no.: _____

The following 16 situations may trigger someone’s intention to take drugs. Please select a response for each question, indicating what you would be likely to do in each situation. Use the rating scale below.

This questionnaire is used for project evaluation only. All information will be kept confidential. Drug taking refers to the use of prohibited or legal psychotropic drugs e.g. ketamine, marijuana, “ice”, ecstasy, cough medicine, thinner etc. without doctor’s prescription.

7	6	5	4	3	2	1	
Certainly yes	Very likely yes	Probably yes	Really can't say	Probably no	Very likely no	Certainly no	
1. Imagine that you are going to a party where you will meet new people. You feel that drug use will relax you and make you more confident. Could you avoid drug use?	7	6	5	4	3	2	1
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. Imagine that you have just blown a good job, you are home alone and depressed. Would you give in to the urge to take drugs which are in the house?	7	6	5	4	3	2	1
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. Imagine that you are home with a loved one, and feeling angry after a fight. You want to make up, but at the same time you want to get stoned/loaded. Could you resist the urge to take drugs?	7	6	5	4	3	2	1
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. Imagine that you are feeling good and have no responsibilities for a couple of days. The only thing you see against getting a bit stoned/loaded is that you have promised yourself you would go straight for 2 months, and you still have 3 weeks to go. Would you take drugs?	7	6	5	4	3	2	1
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. Imagine it is late, you cannot sleep and drugs are available in the house. You have decided not to use drugs. Could you resist the urge to use drugs to help you get to sleep?	7	6	5	4	3	2	1
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. Imagine that a new job is starting tomorrow, you are going out with friends and expecting a good time. Could you resist the urge to celebrate with drugs?	7	6	5	4	3	2	1
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. Imagine that you are home with your loved one, and very angry after a fight. You are tempted to get back at your partner by getting stoned/loaded. Would you give in to the temptation?	7	6	5	4	3	2	1
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

7	6	5	4	3	2	1	
Certainly yes	Very likely yes	Probably yes	Really can't say	Probably no	Very likely no	Certainly no	
8. Imagine that a very important relationship has just ended, and you are very depressed. Would you give in to the urge to take drugs?	7	6	5	4	3	2	1
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10. Imagine that you are at a party and feeling uptight. Most people seem to be having a good time. You are tempted to use drugs to loosen up. Would you?	7	6	5	4	3	2	1
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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12. Imagine that you had managed to stay straight for a near record time, but last night you blew it. Because of last night you are feeling weak. Would you take drugs tonight?	7	6	5	4	3	2	1
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
13. Imagine that you are home alone and depressed. Could you resist the urge to go out and find some drugs?	7	6	5	4	3	2	1
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
16. Imagine that you are home alone; it is a dull weekend with nothing in particular to look forward to. You are bored. Would you give in to the urge to get stoned/loading?	7	6	5	4	3	2	1
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Gender: 1 Male 2 Female

Age: _____ years old

Have you joined any of the following activities: (select all that apply)

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3 *Please list other activities in the programme* 4 *Please list other activities in the programme*
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~ Thank you ~