

**Controlled Drinking Self-Efficacy Scale (CDSSES)
(Moderation Drinking Version)**

Think about the **NEXT 6 MONTHS**: Imagine you are in the following situations. How confident are you that you will **NOT DRINK HEAVILY** (e.g., more than 6 standard drinks) in each situation?

Circle only ONE number that best describes your confidence.

1. When you are **angry**?

0%	10%	20%	30%	40%	50%	60%	70%	80%	90%	100%
Not at all confident				Moderately Confident			Very Confident			

2. When you are **depressed**?

0%	10%	20%	30%	40%	50%	60%	70%	80%	90%	100%
Not at all confident				Moderately Confident			Very Confident			

3. When you are **physically tired**?

0%	10%	20%	30%	40%	50%	60%	70%	80%	90%	100%
Not at all confident				Moderately Confident			Very Confident			

4. When you are **at a party with friends**?

0%	10%	20%	30%	40%	50%	60%	70%	80%	90%	100%
Not at all confident				Moderately Confident			Very Confident			

5. **Before a meal**?

0%	10%	20%	30%	40%	50%	60%	70%	80%	90%	100%
Not at all confident				Moderately Confident			Very Confident			

6. When you are **bored**?

0%	10%	20%	30%	40%	50%	60%	70%	80%	90%	100%
Not at all confident				Moderately Confident			Very Confident			

7. When you are **irritated**?

0%	10%	20%	30%	40%	50%	60%	70%	80%	90%	100%
Not at all confident				Moderately Confident			Very Confident			

8. When you are **not relaxed in a social situation**?

0%	10%	20%	30%	40%	50%	60%	70%	80%	90%	100%
Not at all confident				Moderately Confident			Very Confident			

9. When you are **watching TV (e.g. sports, movies)**?

0% 10% 20% 30% 40% 50% 60% 70% 80% 90% 100%
Not at all confident Moderately Confident Very Confident

10. When you are **worried**?

0% 10% 20% 30% 40% 50% 60% 70% 80% 90% 100%
Not at all confident Moderately Confident Very Confident

11. When you are in a **“shout” situation with friends**?

0% 10% 20% 30% 40% 50% 60% 70% 80% 90% 100%
Not at all confident Moderately Confident Very Confident

12. When you are **happy**?

0% 10% 20% 30% 40% 50% 60% 70% 80% 90% 100%
Not at all confident Moderately Confident Very Confident

13. When you **want to feel more confident**?

0% 10% 20% 30% 40% 50% 60% 70% 80% 90% 100%
Not at all confident Moderately Confident Very Confident

14. When you are **stressed**?

0% 10% 20% 30% 40% 50% 60% 70% 80% 90% 100%
Not at all confident Moderately Confident Very Confident

15. When **someone offers to buy you free drinks**?

0% 10% 20% 30% 40% 50% 60% 70% 80% 90% 100%
Not at all confident Moderately Confident Very Confident

16. Can you make sure that you do not have **more than three** drinks on any time that you have a drink?

0% 10% 20% 30% 40% 50% 60% 70% 80% 90% 100%
Not at all confident Moderately Confident Very Confident

17. Can you make sure that you do not have **more than one drink** on any time that you have a drink?

0% 10% 20% 30% 40% 50% 60% 70% 80% 90% 100%
Not at all confident Moderately Confident Very Confident

18. Can you stop yourself from drinking alcohol at **least one day a week**?

0% 10% 20% 30% 40% 50% 60% 70% 80% 90% 100%
Not at all confident Moderately Confident Very Confident

19. Can you stop yourself from drinking alcohol at **least two days a week**?

0% 10% 20% 30% 40% 50% 60% 70% 80% 90% 100%
Not at all confident Moderately Confident Very Confident

20. Can you stop yourself from drinking alcohol at **least three days a week**?

0% 10% 20% 30% 40% 50% 60% 70% 80% 90% 100%
Not at all confident Moderately Confident Very Confident