Controlled Drinking Self-Efficacy Scale (CDSES)  
(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**?

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2. When you are **depressed**?

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

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

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5. **Before a meal**?

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6. When you are **bored**?

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7. When you are **irritated**?

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

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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