Research Questionnaire

The aim of this research is to examine the role of alcohol abstinence self-efficacy in the decision to use or not to use alcohol. The outcome of this study will help us to devise strategies that would help individuals who are tempted to drink alcohol to abstain by highlighting the benefits and problems associated with alcohol consumption.

Participation in the study is voluntary, and all who participate will remain anonymous. All information offered will be treated confidentially, and the results will be presented in such a way that no individuals will be recognized.

Kindly note that by completing this questionnaire, you have willingly decided to participate in this study without coercion of any form or source. Also, you can discontinue at any time.

Thank you.

The Research Team

Please tick and indicate the responses that apply to you.

1. Age: [ ]

2. Sex: Male [ ] Female [ ]

3. Level: 100 [ ] 200 [ ] 300 [ ] 400 [ ]

4. Degree stream: Morning [ ] Evening [ ] Weekend [ ]

5. Religion: Christianity [ ] Islam [ ] Other [ ]

6. Residence: Home [ ] Hostel [ ]

The following statements may play a part in making a decision about using alcohol. We would like to know how important each statement is to you **AT THE PRESENT TIME** in relation to making a decision about your using alcohol. Please rate the level of importance to each statement on the following 5 point scale:

0=Not important at all

1=Slightly important

2=Moderately important

3=Very important

4=Extremely important

Please read each statement and circle the number on the **RIGHT** to indicate how you rate its level of importance as it relates to your making a decision about whether to drink at the present time.

How important is this to me?	Importance in making a decision about drinking:				
	Not at all	Slightly	Moderately	Very	Extremely
1) My drinking causes problems with others.	0	1	2	3	4
2) I like myself better when I am drinking.	0	1	2	3	4
3) Because I continue to drink some people think I lack the character to quit.	0	1	2	3	4
4) Drinking helps me deal with problems.	0	1	2	3	4
5) Having to lie to others about my drinking bothers me.	0	1	2	3	4
6) Some people try to avoid me when I drink.	0	1	2	3	4
7) Drinking helps me to have fun and socialize.	0	1	2	3	4
8) Drinking interferes with my functioning at home/school/work.	0	1	2	3	4
9) Drinking makes me more of a fun person.	0	1	2	3	4
10) Some people close to me are disappointed in me because of my drinking.	0	1	2	3	4
11) Drinking helps me to loosen up and express myself.	0	1	2	3	4
12) I seem to get myself into trouble when drinking.	0	1	2	3	4
13) I could accidentally hurt someone because of my drinking.	0	1	2	3	4
14) Not drinking at a social gathering would make me feel too different.	0	1	2	3	4
15) I am losing the trust and respect of my classmates because of my drinking.	0	1	2	3	4
16) My drinking helps give me energy and keeps me going.	0	1	2	3	4
17) I am more sure of myself when I am drinking.	0	1	2	3	4
18) I am setting a bad example for others with my drinking.	0	1	2	3	4
19) Without alcohol, my life would be dull and boring.	0	1	2	3	4
20) People seem to like me better when I am drinking.	0	1	2	3	4

Listed below are a number of situations that lead some people to use alcohol.

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:

0=Not at all confident

1=Not very confident

2=Moderately confident

3=Very confident

4=Extremely confident

Situation	Confident not to drink alcohol				
	Not at all	Not very	Moderately	Very	Extremely
1) When I am in agony because of stopping or withdrawing from alcohol use.	0	1	2	3	4
2) When I have a headache.	0	1	2	3	4
3) When I am feeling depressed.	0	1	2	3	4
4) When I am on vacation and want to relax.	0	1	2	3	4
5) When I am concerned about someone.	0	1	2	3	4
6) When I am worried.	0	1	2	3	4
7) When I have the urge to try just one drink to see what happens.	0	1	2	3	4
8) When I am being offered a drink in a social situation.	0	1	2	3	4
9) When I dream about taking a drink.	0	1	2	3	4
10) When I want to test my will power over drinking.	0	1	2	3	4
11) When I am feeling a physical need or craving for alcohol.	0	1	2	3	4
12) When I am physically tired.	0	1	2	3	4
13) When I am experiencing some physical pain or injury.	0	1	2	3	4
14) When I feel like blowing up because of frustration.	0	1	2	3	4

Situation	Confident not to drink alcohol				
	Not at all	Not very	Moderately	Very	Extremely
15) When I see others drinking at a bar or a party.	0	1	2	3	4
16) When I sense everything is going wrong for me.	0	1	2	3	4
17) When people I used to drink with encourage me to drink.	0	1	2	3	4
18) When I am feeling angry inside.	0	1	2	3	4
19) When I experience an urge or impulse to take a drink that catches me unprepared.	0	1	2	3	4
20) When I am excited or celebrating with others.	0	1	2	3	4

Thank you very much for taking time to complete this questionnaire.