

Demographic information:

Please fill in the relevant demographic information below. (Open text boxes)

Age (years):

Gender:

Year of study:

Please select **one** of the following.

1st year

☐

2nd year

☐

3rd/Final year

☐
ABIS (ABbreviated Impulsiveness Scale)

DIRECTIONS: People differ in the ways they act and think in different situations. This is a test to measure some of the ways in which you act and think. Read each statement and put an X on the appropriate circle on the right side of this page. Do not spend too much time on any statement. Answer quickly and honestly.

	① Rarely/Never	② Occasionally	③ Often	④ Almost Always/Always
I am a careful thinker.	①	②	③	④
I plan trips well ahead of time.	①	②	③	④
I do things without thinking.	①	②	③	④
I concentrate easily.	①	②	③	④
I plan for job security.	①	②	③	④
I act "on impulse."	①	②	③	④
I am self controlled.	①	②	③	④
I say things without thinking.	①	②	③	④
I don't "pay attention."	①	②	③	④
I act on the spur of the moment.	①	②	③	④
I plan tasks carefully.	①	②	③	④
I am a steady thinker.	①	②	③	④
I am future oriented.	①	②	③	④

(Coutlee, Politzer, Hoyle, & Huettel, 2014)

Difficulties in Emotion Regulation Scale

(Dan-Glauser, & Scherer, 2012).

Instructions

Listed below are a series of statements regarding emotions. Please read each statement carefully and circle the number that best indicates how true each statement is of you. Please answer all the questions as honestly as you can.

Almost never	Sometimes	About half the time	Most of the time	Almost always
(0-10%)	(11-35%)	(36-65%)	(66-90%)	(91-100%)
1	2	3	4	5

1. I am clear about my feelings.	1	2	3	4	5
2. I pay attention to how I feel.	1	2	3	4	5
3. I experience my emotions as overwhelming and out of control.	1	2	3	4	5
4. I have no idea how I am feeling.	1	2	3	4	5
5. I have difficulty making sense out of my feelings.	1	2	3	4	5
6. I am attentive to my feelings.	1	2	3	4	5
7. I know exactly how I am feeling.	1	2	3	4	5
8. I care about what I am feeling.	1	2	3	4	5
9. I am confused about how I feel.	1	2	3	4	5
10. When I'm upset, I acknowledge my emotions.	1	2	3	4	5
11. When I'm upset, I become angry with myself for feeling that way.	1	2	3	4	5
12. When I'm upset, I become embarrassed for feeling that way.	1	2	3	4	5
13. When I'm upset, I have difficulty getting work done.	1	2	3	4	5

14. When I'm upset, I become out of control.	1	2	3	4	5
15. When I'm upset, I believe that I will remain that way for a long time.	1	2	3	4	5
16. When I'm upset, I believe that I'll end up feeling very depressed.	1	2	3	4	5
17. When I'm upset, I believe that my feelings are valid and important.	1	2	3	4	5
18. When I'm upset, I have difficulty focusing on other things.	1	2	3	4	5
19. When I'm upset, I feel out of control.	1	2	3	4	5
20. When I'm upset, I can still get things done.	1	2	3	4	5
21. When I'm upset, I feel ashamed with myself for feeling that way.	1	2	3	4	5
22. When I'm upset, I know I can find a way to eventually feel better.	1	2	3	4	5
23. When I'm upset, I feel like I am weak.	1	2	3	4	5
24. When I'm upset, I feel like I can remain in control of my behaviours.	1	2	3	4	5
25. When I'm upset, I feel guilty for feeling that way.	1	2	3	4	5
26. When I'm upset, I have difficulty concentrating.	1	2	3	4	5
27. When I'm upset, I have difficulty controlling my behaviours.	1	2	3	4	5
28. When I'm upset, I believe there is nothing I can do to make myself feel better.	1	2	3	4	5

29. When I'm upset, I become irritated with myself for feeling that way.	1	2	3	4	5
30. When I'm upset, I start to feel very bad about myself.	1	2	3	4	5
31. When I'm upset, I believe that wallowing in it is all I can do.	1	2	3	4	5
32. When I'm upset, I lose control over my behaviours.	1	2	3	4	5
33. When I'm upset, I have difficulty thinking about anything else.	1	2	3	4	5
34. When I'm upset, I take time to figure out what I'm really feeling.	1	2	3	4	5
35. When I'm upset, it takes me a long time to feel better.	1	2	3	4	5
36. When I'm upset, my emotions feel overwhelming.	1	2	3	4	5

Alcohol Use Questionnaire

Read the questions carefully. Record your responses carefully in the box provided.

Place the appropriate answer number in the box at the right.

1. How often do you have a drink containing alcohol?

(0) Never [Skip to Qs 9-10]

(1) Monthly or less

(2) 2 to 4 times a month

(3) 2 to 3 times a week

(4) 4 or more times a week

2. How many drinks containing alcohol do you have on a typical day when you are drinking?

(0) 1 or 2

(1) 3 or 4

(2) 5 or 6

(3) 7, 8, or 9

(4) 10 or more

3. How often do you have six or more drinks on one occasion?

(0) Never

(1) Less than monthly

(2) Monthly

(3) Weekly

(4) Daily or almost daily

Skip to Questions 9 and 10 if Total Score
for Questions 2 and 3 = 0

4. How often during the last year have you found that you were not able to stop drinking once you had started?

(0) Never

(1) Less than monthly

(2) Monthly

(3) Weekly

(4) Daily or almost daily

<p>5. How often during the last year have you failed to do what was normally expected from you because of drinking?</p> <p>(0) Never (1) Less than monthly (2) Monthly (3) Weekly (4) Daily or almost daily</p> <input type="text"/>
<p>6. How often during the last year have you needed a first drink in the morning to get yourself going after a heavy drinking session?</p> <p>(0) Never (1) Less than monthly (2) Monthly (3) Weekly (4) Daily or almost daily</p> <input type="text"/>
<p>7. How often during the last year have you had a feeling of guilt or remorse after drinking?</p> <p>(0) Never (1) Less than monthly (2) Monthly (3) Weekly (4) Daily or almost daily</p> <input type="text"/>
<p>8. How often during the last year have you been unable to remember what happened the night before because you had been drinking?</p> <p>(0) Never (1) Less than monthly (2) Monthly (3) Weekly</p> <input type="text"/>
<p>9. Have you or someone else been injured as a result of your drinking?</p> <p>(0) No (2) Yes, but not in the last year (4) Yes, during the last year</p> <input type="text"/>
<p>10. Has a relative or friend or a doctor or another</p>

health worker been concerned about your drinking
or suggested you cut down?

(0) No

(2) Yes, but not in the last year

(4) Yes, during the last year

(Babor, Biddle-Higgins, Saunders, & Monteiro, 2001)

Reference List:

- Babor, T.F., Biddle-Higgins, J.C., Saunders, J.B. & Monteiro, M.G. (2001). *AUDIT: The Alcohol Use Disorders Identification Test: Guidelines for Use in Primary Health Care*. Geneva, Switzerland: World Health Organization
- Coutlee, C. G., Politzer, C. S., Hoyle, R. H., & Huettel, S. A. (2014). An abbreviated impulsiveness scale constructed through confirmatory factor analysis of the Barratt impulsiveness scale version 11. *Archives of scientific psychology*, 2(1), 1.
- Dan-Glauser, E. S., & Scherer, K. R. (2012). The difficulties in emotion regulation scale (DERS). *Swiss Journal of Psychology*.