

Self-Efficacy Questionnaire²

Please circle how confident you are that you could **resist** the temptation to smoke marijuana in the following situations.

How confident are you that you could resist the temptation to smoke marijuana if you were...	Not at all Confident				Extremely Confident		
1. Doing monotonous work	1	2	3	4	5	6	7
2. Wanting to feel more confident	1	2	3	4	5	6	7
3. Vacationing	1	2	3	4	5	6	7
4. Seeing someone else smoking marijuana and enjoying it	1	2	3	4	5	6	7
5. Feeling depressed or worried	1	2	3	4	5	6	7
6. Drinking alcohol	1	2	3	4	5	6	7
7. Feeling like celebrating good news or an accomplishment	1	2	3	4	5	6	7
8. Feeling frustrated	1	2	3	4	5	6	7
9. Wanting to feel better about yourself	1	2	3	4	5	6	7
10. Feeling angry about something or someone	1	2	3	4	5	6	7
11. Enjoying a pleasant social situation	1	2	3	4	5	6	7
12. Having time to yourself, free of responsibilities	1	2	3	4	5	6	7
13. Using other drugs recreationally	1	2	3	4	5	6	7
14. Being at a party with people who are smoking marijuana	1	2	3	4	5	6	7
15. Feeling embarrassed	1	2	3	4	5	6	7
16. Being with a spouse or close friend who is smoking marijuana	1	2	3	4	5	6	7
17. Being in an uncomfortable social situation	1	2	3	4	5	6	7
18. Being offered marijuana by someone	1	2	3	4	5	6	7
19. Being bored, with nothing to do	1	2	3	4	5	6	7
20. Feeling stressed out and needing to calm down	1	2	3	4	5	6	7

²Sources: Stephens et al. 1993a, 1995.

Self-Efficacy Questionnaire (continued)**Self-Efficacy Questionnaire Scoring Instructions**

To obtain the Self-Efficacy (SE) Score, add the numbers circled for each item and divide by the total number answered (the denominator should be 20 unless an item was skipped).

Items circled as 1, 2, or 3 indicate that the particular situations would be more difficult to resist and would affect the client's ability to remain abstinent. These items should be checked on part IV of the Personal Feedback Report (form AS8).

For Office Use**SE Score:** _____