

## Alcohol (and Illegal Drugs) Decisional Balance Scale

Client ID# \_\_\_\_\_  
 Date: \_\_\_\_/\_\_\_\_/\_\_\_\_  
 Assessment Point: \_\_\_\_\_

THE FOLLOWING STATEMENTS MAY PLAY A PART IN MAKING A DECISION ABOUT USING ALCOHOL (AND DRUGS). 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 (AND DRUGS). PLEASE RATE THE LEVEL OF IMPORTANCE TO EACH STATEMENT ON THE FOLLOWING 5 POINTS:

- 1 = Not important at all
- 2 = Slightly important
- 3 = Moderately important
- 4 = Very important
- 5 = 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 (OR USE DRUGS) 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 (drug use) causes problems with others.	1	2	3	4	5
2. I like myself better when I am drinking (using drugs).	1	2	3	4	5
3. Because I continue to drink (use drugs) some people think I lack the character to quit.	1	2	3	4	5
4. Drinking (drug use) helps me deal with problems.	1	2	3	4	5
5. Having to lie to others about my drinking (drug use) bothers me.	1	2	3	4	5
6. Some people try to avoid me when I drink (use drugs).	1	2	3	4	5

Appendix B

How important is this to me?	Importance in making a decision about drinking:				
	Not At All	Slightly	Moderately	Very	Extremely
7. Drinking (drug use) helps me to have fun and socialize.	1	2	3	4	5
8. Drinking (drug use) interferes with my functioning at home or/and at work.	1	2	3	4	5
9. Drinking (drug use) makes me more of a fun person.	1	2	3	4	5
10. Some people close to me are disappointed in me because of my drinking (drug use).	1	2	3	4	5
11. Drinking (drug use) helps me to loosen up and express myself.	1	2	3	4	5
12. I seem to get myself into trouble when drinking (using drugs).	1	2	3	4	5
13. I could accidentally hurt someone because of my drinking (drug use).	1	2	3	4	5
14. Not drinking (using drugs) at a social gathering would make me feel too different.	1	2	3	4	5
15. I am losing the trust and respect of my coworkers and/or spouse because of my drinking (drug use).	1	2	3	4	5
16. My drinking (drug use) helps give me energy and keeps me going.	1	2	3	4	5
17. I am more sure of myself when I am drinking (using drugs).	1	2	3	4	5
18. I am setting a bad example for others with my drinking (drug use).	1	2	3	4	5

How important is this to me?	Importance in making a decision about drinking:				
	Not At All	Slightly	Moderately	Very	Extremely
19. Without alcohol (illegal drugs), my life would be dull and boring.	1	2	3	4	5
20. People seem to like me better when I am drinking (using drugs).	1	2	3	4	5

**Scoring:**

Pros of drinking (drug use) are items: 2, 4, 7, 9, 11, 14, 16, 17, 19, 20.

Cons of drinking (drug use) are items: 1, 3, 5, 6, 8, 10, 12, 13, 15, 18.

To get the average number of pros endorsed, add up the total number of points from the items and divide by 10. Example: Pros of drinking (drug use) =  $\frac{\text{Sum of items } (2+4+7+9+11+14+16+17+19+20)}{10}$

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To get the average number of cons endorsed, add up the total number of points from the items and divide by 10. Example: Cons of drinking (drug use) =  $\frac{\text{Sum of items } (1+3+5+6+8+10+12+13+15+18)}{10}$

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