Memo

TO: MR R G WOODHAM
ASSISTANT COMMISSIONER
OPERATIONS

SUBJECT: Research Proposal by John PENINTON Entitled “Impact of the NSW Department of Corrective Services’ Oberon Young Adults Program on the Prevention of Relapse to Alcohol and Other Drugs”.

DATE: 20 January, 1997

It is recommended that the above Research proposal be supported. Information gained and conclusions made have the potential to enable enhancement of overall programs for young inmates throughout the State generally and at Oberon/Parklea specifically.

Terry Halloran
State Co-ordinator
Young Adults Program
Subject: Research Proposal by John Peninton Entitled “Impact of the NSW Department of Corrective Services’ Oberon Young Adults Programme on the Prevention of Relapse to Alcohol and Other Drugs Misuse”.

Please find attached a copy of a research proposal which has been submitted to the Department by John Peninton, Alcohol and Other Drugs Worker, Oberon Correctional Centre. The research application is entitled:

“Impact of the NSW Department of Corrective Services’ Oberon Young Adults Programme on the Prevention of Relapse to Alcohol and Other Drugs Misuse”

The aim of Mr Peninton’s research project is “to examine the impact of the Oberon Young Adults Programme (16 week intervention) on recidivist inmates’ awareness, behaviour and intentions in regard to the prevention of their relapse to alcohol and/or other drugs misuse”.

I am forwarding this research proposal to you for your information and comment. It would be appreciated if your response could be submitted to Mr Barry Mood, Operations, by 20 January 1997.

R. G. WOODHAM
Assistant Commissioner
Operations

[Signature]

[Date] January 1997
PROJECT TITLE:

IMPACT OF THE NSW DEPARTMENT OF CORRECTIVE SERVICES' OBERON YOUNG ADULTS PROGRAMME ON THE PREVENTION OF RELAPSE TO ALCOHOL AND OTHER DRUGS MISUSE

CHIEF INVESTIGATOR OR SUPERVISOR

NAME: John Peninton.

POSITION: Alcohol and Other Drugs Worker.

ADDRESS: C/O Oberon Young Adults Correctional Centre
Locked Mailbag 2
Oberon 2787

QUALIFICATIONS: BA (Social Science)
MA (Clinical Drug Dependence Studies) Candidate,
Macquarie University, Sydney New South Wales.

TELEPHONE: (063) 355248

AIM(S) OF STUDY:
To examine the impact of the Oberon Young Adults Programme on recidivist inmates' awareness, behaviour and intentions in regard to the prevention of their relapse to alcohol and/or other drugs misuse.

SAMPLE (Include all categories):
Sentenced inmates.
Other, i.e. Young Adult inmates,
With alcohol and/or other drugs related offences.

CRITERIA USED TO SELECT PARTICIPANTS:

* Selected via programme pathway review for participation in the Oberon phase of the NSW Department of Corrective Services Young Adult Programme.

* Serving sentences for crimes committed while under the influence of alcohol or other drugs and/or to obtain alcohol or other drugs and/or to obtain money for alcohol or other drugs.

* Minimum current sentence term of four months.

* Minimum of one previous sentenced served for alcohol and/or other drugs related offence/s.
METHOD (Include all categories):

Within subjects simple interrupted time series design. Via the use of audio taped interviews and self-administered questionnaires, assessment of individual participants' pre and post-programme awareness, behaviour and intentions will provide qualitative and quantitative information with which to gauge the programmes effectiveness in assisting inmates with regard to reducing their likelihood of relapse to misuse of alcohol and/or other drugs.

POTENTIAL VALUE OF PROPOSED RESEARCH:

TO THE DEPARTMENT:
Will offer specific information regarding the effectiveness of the Oberon Young Adult Programme in terms of its likely impact on reducing inmate's relapse to alcohol and/or other drugs misuse and associated reoffending.

TO THE INMATE:
Will increase inmate's knowledge of factors related to their past relapse/s to alcohol and/or other drugs misuse and assist them in formulating specific A&OD treatment goals and realistic positive intentions.

TO THE STAFF:
Will provide a means for accurate assessment of individual inmate's personal development needs.
Will assist A&OD Worker in the formulation of inmate's clinical management plans.
Will provide an opportunity for the identification of programme components that are most effective in reducing the likelihood of inmates' relapse to alcohol and/or other drugs misuse.

TYPE OF PUBLICATIONS INTENDED:
MA (Clinical Drug Dependence studies) Thesis, Macquarie University, NSW.

Internal report for NSW Department of Corrective Services.

Permission will be sought at a later date regarding future publication in a specialist scientific Journal.

PROPOSED COMMENCEMENT DATE OF STUDY: 1-2-97

PROPOSED COMPLETION DATE OF STUDY: 20-12-97

SIGNATURE OF PRINCIPAL RESEARCHER: 

DATE: 10-12-96
APPLICATION FOR APPROVAL TO CONDUCT RESEARCH
NSW DEPARTMENT OF CORRECTIVE SERVICE

TITLE:
1. FULL PROJECT TITLE:

IMPACT OF THE NSW DEPARTMENT OF CORRECTIVE SERVICES' OBERON YOUNG ADULTS PROGRAMME ON THE PREVENTION OF RELAPSE TO ALCOHOL AND OTHER DRUGS MISUSE

2. PLAIN LANGUAGE TITLE:

INVESTIGATION OF THE IMPACT OF THE OBERON YOUNG ADULT PROGRAMME IN TERMS OF ASSISTING INMATES TO REDUCE THE LIKELIHOOD OF THEM RETURNING TO INAPPROPRIATE ALCOHOL AND/OR OTHER DRUGS USE.

INVESTIGATORS:

3. CHIEF INVESTIGATOR:
   Name: John Peninton.
   Position: Alcohol and Other Drugs Worker.
   Professional qualifications: BA (Social Science), MA (Clinical Drug Dependence Studies) Candidate, Macquarie University, Sydney.
   Department: Corrective Services NSW.
   Address: C/O Oberon YACC LMB 2 Oberon 2787
   Telephone: (063) 355 248

   CHIEF SUPERVISOR:
   Name: Dr John Howard
   Positions: Senior Lecturer in Psychology.
              Clinical Psychologist.
              Co-ordinator of Clinical Drug Dependence Studies.
   Professional qualifications:
   MA, MA ClinPsych, DipCrim, PhD, MAPS.
   Department: Behavioural Sciences, Macquarie University.
   Address: Sydney, New South Wales 2109.
   Telephone: 9850 8093 (Direct)
   FAX: 9850 8062

4. FOR CURRENT EMPLOYEES OF THE NSW DEPARTMENT OF CORRECTIVE SERVICES:

   Serial Number: 9328426.
   Position/Rank: Alcohol and Other Drugs Worker.
   Current work location: Oberon Young Adults Correctional Centre.
   Years of service within the Department: Six and a half.

5. OTHER INVESTIGATORS: Nil.

6. CONTACT PERSON: Chief Investigator, John Peninton.
PROJECT:

7. GIVE A BRIEF PLAIN LANGUAGE DESCRIPTION OF THE PROJECT.
Via the use of audio taped interviews and self-administered questionnaires assessment of individual participants' pre and post-programme awareness, behaviour and intentions will provide qualitative and quantitative information with which to gauge the impact programme. in assisting inmates with regard to reducing their likelihood of returning to misuse of alcohol and/or other drugs.

8. WHAT ARE THE i) AIMS, ii) HYPOTHESES, iii) POTENTIAL SIGNIFICANCE AND iv) BACKGROUND OF THIS PROJECT?

AIMS
The aim is to determine if participation in the programme enhances inmates' knowledge, behaviour and intentional in such a way as to reduce their likelihood of relapse to alcohol and/or other drugs misuse.

HYPOTHESES
Exploratory study, however expected effects are as follows; Comparisons between participants' pre and post-programme measures of self-efficacy, outcome expectancies, causal attributions and ability to formulate decision-making strategies will reveal a significant increase in their abilities to recognise potential future high-risk situations for relapse and in their ability to resist negative peer pressure to indulge in the misuse of alcohol and/or other drugs. Non-significant increases will be found in their ability to manage negative and positive emotional states and to manage interpersonal conflict. No significant increases will be found in the amount of time inmates' spend practising specific relapse prevention skills.

POTENTIAL SIGNIFICANCE
Will offer specific information regarding the effectiveness of the Oberon Young Adult Programme in terms of its likely impact on reducing inmates' relapse to alcohol and other drugs misuse.
Will increase inmates' knowledge and awareness of factors related to their past relapse to alcohol and/or other drugs misuse and assist them in formulating specific positive intentions.
Will provide an assessment of inmates' needs in the area of reducing their likelihood of relapse as well as providing an opportunity for the identification of aspects of the programme that are most salient to this purpose.

BACKGROUND OF THIS PROJECT.
I have occupied the full-time Alcohol and Other Drugs Worker position at Oberon Correctional Centre since 1993. My involvement in the Young Adults programme since this date has enabled me to gain some personal impressions regarding its likely impact on inmates. I was stimulated to formulate the current research proposal following a conversation with the Department of Corrective Services then, Alcohol and Other Drugs Workers Coordinator, Tim
Earnshaw. At the time of our discussion I was aware of the findings of Malatt (1985) who, along with his co-workers, have found strong empirical evidence to support the conclusion that certain common personal and situational factors significantly increase the risk of relapse to alcohol and/or other drugs misuse. While acting in the Programme Managers position at Oberon, I became aware that the Departments "Blue Books" guidelines for Managing Young Adults in NSW Correctional Centres and consequently, the design of current Inmate Development Staff's programmes at Oberon, were, in broad terms, consistent with Malatt's description of what could be justifiably termed the ideal relapse prevention programme. Consistent with Bandura's (1974) Social Learning Theory, Malatt's model describes in detail the elements that are necessary in order to fashion this ideal programme. My investigations will therefore be guided by my recognition of the efficacy of Malatt's relapse prevention model, and the degree of match between this ideal state and the current programme being implemented at the Oberon Young Adult Correctional Centre.

9. WHAT IS THE RESEARCH PLAN OF THE STUDY?

Qualitative and quantitative information will be sought by employing a within subjects simple interrupted time series methodology as outlined below.

OBSERVATION 1.
Pre-programme interview and questionnaire self administration one week after arrival at Centre.
INTERVENTION
16 week programme.

OBSERVATION 2.
Post-programme interview and questionnaire self administration 5 days before departure from Centre.

Both interviews will be audiotaped and adhere to a semistructured format. Open ended questions and/or statements will be followed by probe questions and/or statements, these will be followed by the administration of the Addiction Research Foundations' (Annis, 1987) self report "Situational Confidence Questionnaire". See attached.

10. WHAT IS THE PROPOSED TIME FRAME OF THE STUDY?

FROM: 1-2-97 TO: 20-12-97

11. WHAT IS THE INTENDED TYPE OF PUBLICATION TO BE PRODUCED?
MA (Clinical Drug Dependence studies) thesis, Macquarie University, NSW.

Internal report for NSW Department of Corrective Services.

A future journal publication is intended permission will be sought at a later date in this regard.
PARTICIPANTS

12. GIVE THE NUMBER, SEX, AGE AND ANY OTHER SPECIFIC CHARACTERISTICS OF ALL PARTICIPANTS TO BE INCLUDED IN THE STUDY, INCLUDING CONTROLS.

Sample size = 10 for pilot study and 50 for main study.

Sentenced male Young Offender inmates, i.e. between 18 and 25 years of age.

Selected via programme pathway review for participation in the Oberon phase of the Young Adults Programme.

Serving sentences for crimes committed while under the influence of alcohol or other drugs and/or to obtain alcohol or other drugs and/or to obtain money for alcohol or other drugs.

Minimum of one previous sentence served for an alcohol and/or other drugs related offence.

Minimum current sentence term of four months.

Within subjects design therefore no control group.

13. WHICH NSW CORRECTIONAL CENTRES ARE TO BE INCLUDED IN THE SAMPLE?

Oberon Young Adults Correctional Centre.

14. WHAT IS THE 1) SOURCE OF IDENTIFICATION, AND 11) MEANS OF RECRUITMENT OF THE PARTICIPANTS?

Audiotaped interviews will be erased following transcribing of the information to a computer data base.

Questionnaires will be tagged with identifiers matching those of audiotaped interviews and subsequent data base entries. These identifiers will code to inmates' Department of Corrective Services Master Index Numbers. Details of this matching code will be known only by myself, documentation of such will be kept separate from the data.

During and after completion of the research, audiotapes, questionnaires and floppy disk data base records will be housed within the Oberon Young Adults Correctional Centre's Alcohol and Other Drugs Workers locked Case File cabinet. Deidentification of the data will occur following compilation of the results of the study.

Only the principal researcher and supervisor will have access to the data.

No individual inmates will be identified in the publication and presentation of the data.
RECRUITMENT:
Individual assessment interviews are carried out with all Young Adult offenders by myself two days after their arrival at the Centre. Eligible inmates as defined above will be invited during these sessions to participate in the study.

15. JUSTIFY THE SELECTION OF THE INVESTIGATORY POPULATION(S) AND THE SAMPLE SIZE. Consideration of criminological, penological, sociological and psychological factors central to the research design should be highlighted.

The within subjects design and the qualitative nature of the data being collected decreases the need for a high sample size. Because the qualitative information gathered via the semi-structured interviews is being balanced by the collection of quantitative data, in the form of questionnaire responses, a higher sample size is called for than if these semi-structured interviews were used alone. I have therefore compromised by proposing a sample size of 10 for the initial pilot study and 50 for the main study. Initial interviews with inmates are concerned with gathering information regarding inmates past experiences with relapse and what they expect to gain from the programme in terms of preventing further relapses. It is therefore necessary that they have some experience with dealing with a return to alcohol and/or other drugs use prior to serving their current prison term.

The length of the programme being 16 weeks requires inmates for the study who have enough time to serve to complete the programme before they are due for release.

16. WHAT ARE THE DETAILED INCLUSION CRITERIA FOR PARTICIPANTS? Inmates who complete the entire 16 week programme and graduate.

17. WHAT ARE THE DETAILED EXCLUSION CRITERIA FOR PARTICIPANTS? Inmates who temporarily leave the programmes by moving to another institution for more than one week.
Inmates who request to remove themselves from the study.
Inmates who are transferred to another institution as a result of disciplinary action.

18. DESCRIBE IN DETAIL ALL THE METHODS OF INVESTIGATION TO BE USED WITH THE PARTICIPANTS. For example, face-to-face interviews with inmates which the Chief Investigator will record on audio tape, self-completion questionnaires to be handed out by the Chief Investigator to inmates in a classroom setting and collected at the finish of the session by the researcher. Attach a copy of any proposed questionnaire, interview schedule etc.

Two individual interviews will be conducted by the chief investigator with each participant in the study. The first will take place one week after the inmates' arrival at Oberon Correctional Centre and the second 5 days before their departure, following their completion of the programme.
During both interviews the chief investigator will seek qualitative information from the participants via the means of open ended
statements/questions followed by probe statements/questions. These sessions will be audiotaped for the purposes of extracting relevant information from them at a later date. At the end of each session each participant will then complete a questionnaire.

19. WHAT ARE THE i) DEMANDS, ii) POSSIBLE RISKS, iii) INCONVENIENCE, AND iv) DISCOMFORT TO THE SAMPLE POPULATION?
20. WHAT PRECAUTIONS WILL BE TAKEN TO PREVENT OR MINIMISE THE ABOVE?

NA

These sessions, accept for the audiotapeing procedure, represent normal assessment procedures for planning treatment goals for A&OD clients.

21. GIVE DETAILS OF ANY INCENTIVES TO BE OFFERED TO THE PARTICIPANTS TO PARTICIPATE.

NA

DATA STORAGE AND HANDLING

22. HOW WILL THE INFORMATION COLLECTED BE HANDLED TO SAFEGUARD CONFIDENTIALITY BOTH DURING AND AFTER THE COMPLETION OF THE PROJECT?

Audiotaped interviews will be erased following transcribing of the information to a computer data base. Questionnaires will be tagged with identifiers matching those of audiotaped interviews and subsequent data base entries. These identifiers will code to inmates' Department of Corrective Services Master Index Numbers. Details of this matching code will be known only by myself, documentation of such will be kept separate from the data.

23. HOW WILL THE INFORMATION GATHERED DURING THE STUDY BE STORED AND ACCESS ED AND HOW WILL IT BE STORED/DISPOSED OF AT THE CONCLUSION OF THE STUDY?

During and after completion of the research, audiotapes, questionnaires and floppy disk data base records will be housed within the Oberon Young Adults Correctional Centre's Alcohol and Other Drugs Workers locked Case File cabinet. Deidentification of the data will occur following compilation of the results of the study.

ETHICAL CONSIDERATIONS

Only the principal researcher and supervisor will have access to the data.
No individual inmates will be identified in the publication and presentation of the data.
24. WHAT ARE THE ETHICAL IMPLICATIONS OF THIS PROJECT AND HOW WILL THEY BE ADDRESSED?
The criteria for the need to disclose and the limits of confidentiality in a secure setting will be explained to participants as is normal practice before commencement of any of my counselling interventions with the prison population.

INFORMED CONSENT

25. WHO WILL EXPLAIN THE PROJECT TO THE PARTICIPANTS?
The chief investigator.

26. WHEN WILL THE EXPLANATION BE GIVEN?
At the time of recruiting subjects for the study, i.e. during routine initial interviews with participants immediately following their reception to the programme.

27. WHO WILL ACT AS WITNESS TO THE INFORMED CONSENT?
The Programmes Manager at Oberon YACC.

28. IF CONSENT IS NOT TO BE OBTAINED IN WRITING, PLEASE EXPLAIN WHY THIS SHOULD BE THE CASE.
Consent will be obtained in writing. See attached Participants' Consent Form.

RESOURCES

29. WHAT DEMANDS WOULD THE PROPOSED RESEARCH IMPOSE ON THE NSW DEPARTMENT OF CORRECTIVE SERVICES IN TERMS OF 1) PERSONNEL, AND 11) FACILITIES TO BE PROVIDED IF THE STUDY IS APPROVED?
The Relapse Prevention Course is one of the core programs delivered by the Alcohol and Other Drugs Service at this centre. Individual interviews are routinely carried out for the purpose of selecting suitable inmates for participation in this course. Inmates are also seen for assessment following their completion of the Relapse Prevention Course just prior to their departure from the Centre following their completion of the Oberon phase of the Young Adult Programme. (No additional time or resources will be required at the Centre and by the Department for the collection of data relevant to this study.)

30. IS THE RESEARCH PROPOSAL THE SUBJECT OF A GRANT APPLICATION? YES/NO, WHAT AGENCY?
NO

DISCLOSURE OF POTENTIAL CONFLICT OF INTEREST

31. PLEASE DISCLOSE ANY AFFILIATION WITH, OR FINANCIAL INVOLVEMENT IN ANY ORGANISATION OR ENTITY WITH DIRECT INTEREST IN THE SUBJECT MATTER OF THIS RESEARCH.
I will be involved in the case management of the young adult inmates who will be included in the study. I may also as part of my duties, be required to provide progress reports on these inmates to
the Programme Review Committee, Offenders Review Board, Serious Offenders Review Counsel and/or the Parole Board. My reports to these bodies contain among other things, recommendations for further treatment. These clinical management plans are formulated following my assessment of their risk of relapse to alcohol and/or other drugs use.

DECLARATION BY INVESTIGATORS

32. In submitting this research proposal I/we have read and agree to comply with:

i) Sections 37, 38 and 48 of the NSW Prisons Act (1952), and,

ii) The eleven Information Privacy Principals as approved by the Privacy Commissioner under Section 95 of the Privacy Act 1988 (Commonwealth), and,

iii) The requirement to provide a copy of the results of this research project when it is finished either through published papers of abstracts.

I/we accept responsibility for the conduct of the research detailed in this proposal

[insert Full Project Title here]

IMPACT OF THE NSW DEPARTMENT OF CORRECTIVE SERVICES' OBERON YOUNG ADULTS PROGRAMME ON THE PREVENTION OF RELAPSE TO ALCOHOL AND OTHER DRUGS MISUSE

and have attached copies of questionnaires, interview schedules, informed consent form and details of all other research instruments to be used during the proposed research project.

Chief Investigator or supervisor -

Name: John Peninton

Signature: [Signature]

Date: 10-12-96

Other Investigators -

Name: [Name]

Signature: [Signature]

Date: [Date]

RESEARCH
PARTICIPANTS' CONSENT FORM

IMPACT OF THE NSW DEPARTMENT OF CORRECTIVE SERVICES' OBERON YOUNG ADULTS PROGRAMME ON THE PREVENTION OF RELAPSE TO ALCOHOL AND OTHER DRUGS MISUSE

As a lot of crime seems to be related to alcohol and other drugs abuse we would like to find out what can be done during inmate's time in gaol to reduce the likelihood that they will return to abuse of alcohol and/or other drugs following release. The study is being conducted by John Peninton, the Drug and Alcohol Worker at Oberon Young Adults Correctional Centre. Phone No. (063) 355248, and will be supervised by Dr John Howard, Senior Lecturer in Psychology and Co-ordinator of Clinical Drug Dependence Studies. School of Behavioural Sciences, Macquarie University, Sydney, New South Wales 2109. Telephone: (02) 9850 8093 (Direct)

If you decide to take part in the study you will attend two 45 minute interviews with the Drug and Alcohol Worker at Oberon Young Adults Correctional Centre. The first session will happen one week after your arrival at Oberon Correctional Centre and the second 5 days before you return to Parklea Correctional Centre. Both sessions will be recorded on audiotape, you will also be asked to complete a questionnaire. All information provided by you will be kept in the locked filing cabinet in the Drug and Alcohol Workers office at Oberon Correctional Centre. Audiotapes will be erased as soon as information needed for the study has been removed from them. You will not be identified in any documents or publication of the results. The information you give is needed to measure the effects of the Oberon Young Adults programme. If you decide to take part in the study you are free to withdraw your consent and participation at any time without having to give a reason and without penalty.

I, ____________________________, have read (or, where appropriate, have had read to me) and understand the information above and any questions I have asked have been answered to my satisfaction. I agree to participate in this research, knowing that I can withdraw at any time. I have been given a copy of this form to keep.

Participant's Name: ____________________________

(block letters)

Participant's Signature: __________________ Date: ________

Investigator's Name: ____________________________

(block letters)

Investigator's Signature: __________________ Date: ________

The ethical aspects of this study have been approved by the Macquarie University Ethics Review Committee (Human Subjects) and the Institutional Ethics Committee of the NSW Department of Corrective Services. If you have any complaints or reservations about any ethical aspect of your participation in this research, you may contact the Ethics Review Committee through its Secretary Macquarie University (telephone (02) 9850 7448) and/or the Department of Corrective Services Institutional Ethics Committee through the Programmes Manager, Oberon Young Adults Correctional Centre. Any complaint you make will be treated in confidence and investigated, and you will be informed of the outcome.

(INVESTIGATOR'S [OR PARTICIPANT'S] COPY)
To order the Situational Confidence Questionnaire (SCQ), contact Marketing Services, Addiction Research Foundation, 33 Russell Street, Toronto, Canada M5S 2S1.

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SITUATIONAL CONFIDENCE QUESTIONNAIRE

Listed below are a number of situations or events in which some people experience a drinking or using problem.

Imagine yourself as you are right now in each of these situations. Indicate on the scale provided how confident you are that you would be able to resist the urge to drink heavily in that situation.

Circle 100 if you are 100% confident right now that you could resist the urge to drink heavily; 80 if you are 80% confident; 60 if you are 60% confident. If you are more unconfident than confident, circle 40 to indicate that you are only 40% confident that you could resist the urge to drink heavily; 20 for 20% confident; 0 if you have no confidence at all about that situation.

<table>
<thead>
<tr>
<th></th>
<th>I would be able to resist the urge to drink heavily</th>
<th>not at all confident</th>
<th>20</th>
<th>40</th>
<th>60</th>
<th>80</th>
<th>100</th>
<th>very confident</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>If I felt that I had let myself down</td>
<td>0</td>
<td>20</td>
<td>40</td>
<td>60</td>
<td>80</td>
<td>100</td>
<td></td>
</tr>
<tr>
<td>2.</td>
<td>If there were fights at home</td>
<td>0</td>
<td>20</td>
<td>40</td>
<td>60</td>
<td>80</td>
<td>100</td>
<td></td>
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<tr>
<td>3.</td>
<td>If I had trouble sleeping</td>
<td>0</td>
<td>20</td>
<td>40</td>
<td>60</td>
<td>80</td>
<td>100</td>
<td></td>
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<tr>
<td>4.</td>
<td>If I had an argument with a friend</td>
<td>0</td>
<td>20</td>
<td>40</td>
<td>60</td>
<td>80</td>
<td>100</td>
<td></td>
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<td>5.</td>
<td>If other people didn’t seem to like me</td>
<td>0</td>
<td>20</td>
<td>40</td>
<td>60</td>
<td>80</td>
<td>100</td>
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<td>6.</td>
<td>If I felt confident and relaxed</td>
<td>0</td>
<td>20</td>
<td>40</td>
<td>60</td>
<td>80</td>
<td>100</td>
<td></td>
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<td>7.</td>
<td>If I were out with friends and they stopped by a bar for a drink</td>
<td>0</td>
<td>20</td>
<td>40</td>
<td>60</td>
<td>80</td>
<td>100</td>
<td></td>
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<tr>
<td>8.</td>
<td>If I were enjoying myself at a party and wanted to feel even better</td>
<td>0</td>
<td>20</td>
<td>40</td>
<td>60</td>
<td>80</td>
<td>100</td>
<td></td>
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<tr>
<td>9.</td>
<td>If I remembered how good it tasted</td>
<td>0</td>
<td>20</td>
<td>40</td>
<td>60</td>
<td>80</td>
<td>100</td>
<td></td>
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<tr>
<td>10.</td>
<td>If I convinced myself that I was a new person and could take a few drinks</td>
<td>0</td>
<td>20</td>
<td>40</td>
<td>60</td>
<td>80</td>
<td>100</td>
<td></td>
</tr>
<tr>
<td></td>
<td>I would be able to resist the urge to drink heavily</td>
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<td></td>
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</tr>
<tr>
<td></td>
<td>not at all confident</td>
<td>very confident</td>
<td></td>
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<td></td>
<td></td>
<td></td>
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<tr>
<td>11.</td>
<td>If I were afraid that things weren't going to work out</td>
<td>0</td>
<td>20</td>
<td>40</td>
<td>60</td>
<td>80</td>
<td>100</td>
<td></td>
</tr>
<tr>
<td>12.</td>
<td>If other people interfered with my plans</td>
<td>0</td>
<td>20</td>
<td>40</td>
<td>60</td>
<td>80</td>
<td>100</td>
<td></td>
</tr>
<tr>
<td>13.</td>
<td>If I felt drowsy and wanted to stay alert</td>
<td>0</td>
<td>20</td>
<td>40</td>
<td>60</td>
<td>80</td>
<td>100</td>
<td></td>
</tr>
<tr>
<td>14.</td>
<td>If there were problems with people at work</td>
<td>0</td>
<td>20</td>
<td>40</td>
<td>60</td>
<td>80</td>
<td>100</td>
<td></td>
</tr>
<tr>
<td>15.</td>
<td>If I felt uneasy in the presence of someone</td>
<td>0</td>
<td>20</td>
<td>40</td>
<td>60</td>
<td>80</td>
<td>100</td>
<td></td>
</tr>
<tr>
<td>16.</td>
<td>If everything were going well</td>
<td>0</td>
<td>20</td>
<td>40</td>
<td>60</td>
<td>80</td>
<td>100</td>
<td></td>
</tr>
<tr>
<td>17.</td>
<td>If I were at a party and other people were drinking</td>
<td>0</td>
<td>20</td>
<td>40</td>
<td>60</td>
<td>80</td>
<td>100</td>
<td></td>
</tr>
<tr>
<td>18.</td>
<td>If I wanted to celebrate with a friend</td>
<td>0</td>
<td>20</td>
<td>40</td>
<td>60</td>
<td>80</td>
<td>100</td>
<td></td>
</tr>
<tr>
<td>19.</td>
<td>If I passed by a liquor store</td>
<td>0</td>
<td>20</td>
<td>40</td>
<td>60</td>
<td>80</td>
<td>100</td>
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<tr>
<td>20.</td>
<td>If I wondered about my self-control over alcohol and felt like having a drink to try it out</td>
<td>0</td>
<td>20</td>
<td>40</td>
<td>60</td>
<td>80</td>
<td>100</td>
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<td></td>
<td>I would be able to resist the urge to drink heavily</td>
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<tr>
<td></td>
<td>not at all confident</td>
<td>very confident</td>
<td></td>
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<tr>
<td>21.</td>
<td>If I were angry at the way things had turned out</td>
<td>0  20  40  60  80  100</td>
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<tr>
<td>22.</td>
<td>If other people treated me unfairly</td>
<td>0  20  40  60  80  100</td>
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<td>23.</td>
<td>If I felt nauseous</td>
<td>0  20  40  60  80  100</td>
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<td>24.</td>
<td>If pressure built up at work because of the demands of my supervisor</td>
<td>0  20  40  60  80  100</td>
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<td>25.</td>
<td>If someone criticized me</td>
<td>0  20  40  60  80  100</td>
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<td>26.</td>
<td>If I felt satisfied with something I had done</td>
<td>0  20  40  60  80  100</td>
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<td>27.</td>
<td>If I were relaxed with a good friend and wanted to have a good time</td>
<td>0  20  40  60  80  100</td>
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<td>28.</td>
<td>If I were in a restaurant and the people with me ordered drinks</td>
<td>0  20  40  60  80  100</td>
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<td>29.</td>
<td>If I unexpectedly found a bottle of my favorite booze</td>
<td>0  20  40  60  80  100</td>
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<td>30.</td>
<td>If I started to think that just one drink could cause no harm</td>
<td>0  20  40  60  80  100</td>
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<tr>
<td>Question</td>
<td>not at all confident</td>
<td>20</td>
<td>40</td>
<td>60</td>
<td>80</td>
<td>100</td>
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<td>31. If I felt confused about what I should do</td>
<td>0</td>
<td>20</td>
<td>40</td>
<td>60</td>
<td>80</td>
<td>100</td>
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<tr>
<td>32. If I felt under a lot of pressure from family members at home</td>
<td>0</td>
<td>20</td>
<td>40</td>
<td>60</td>
<td>80</td>
<td>100</td>
<td></td>
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<tr>
<td>33. If my stomach felt like it was tied in knots</td>
<td>0</td>
<td>20</td>
<td>40</td>
<td>60</td>
<td>80</td>
<td>100</td>
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<td>34. If I were not getting along well with others at work</td>
<td>0</td>
<td>20</td>
<td>40</td>
<td>60</td>
<td>80</td>
<td>100</td>
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<tr>
<td>35. If other people around me made me tense</td>
<td>0</td>
<td>20</td>
<td>40</td>
<td>60</td>
<td>80</td>
<td>100</td>
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<td>36. If I were out with friends &quot;on the town&quot; and wanted to increase my enjoyment</td>
<td>0</td>
<td>20</td>
<td>40</td>
<td>60</td>
<td>80</td>
<td>100</td>
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<tr>
<td>37. If I met a friend and he/she suggested that we have a drink together</td>
<td>0</td>
<td>20</td>
<td>40</td>
<td>60</td>
<td>80</td>
<td>100</td>
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<td>38. If I suddenly had an urge to drink</td>
<td>0</td>
<td>20</td>
<td>40</td>
<td>60</td>
<td>80</td>
<td>100</td>
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<tr>
<td>39. If I wanted to prove to myself that I could take a few drinks without becoming drunk</td>
<td>0</td>
<td>20</td>
<td>40</td>
<td>60</td>
<td>80</td>
<td>100</td>
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