

DASES

Name: _____ **Gender:** _____ **Age:** _____

Date: _____

This questionnaire is about how a person might behave under certain circumstances. To answer the questions, imagine yourself as you are now confronted with each situation. You may have answered questions like this before, but answer them as you feel now (not last week; or usually). There is no right or wrong answer to the questions; the main thing is try to be completely honest with yourself. Circle the answer you choose. Try to imagine each scene vividly and make an honest response.

When questions make reference to “drug/alcohol use,” this should be taken to refer to the drug (including alcohol) that you would be most likely to use in the situation described.

Read the questions carefully to make sure your answer fits the way the question is asked. Be sure to answer each question.

Scale

1 = Certainly no 2 = Very likely no 3 = Probably no 4 = Really can't say

5 = Probably yes 6 = Very likely yes 7 = Certainly yes

		1	2	3	4	5	6	7
1.	Imagine that you are going to a party where you will meet new people. You feel that drug use will relax you and make you more confident. Could you avoid drug use?							
2.	Imagine that you have just blown a good job, you are home alone and depressed. Would you give in to the urge to take drugs that are in the house?							
3.	Imagine that you are home with a loved one, and feeling angry after a fight. You want to make up, but at the same time you want to get stoned/loading. Could you resist the urge to take drugs?							
4.	Imagine that you are feeling good and have no responsibilities for a couple of days. The only thing you see against getting a bit stoned/loading is that you have promised yourself you would go straight for 2 months, and you still have 3 weeks to go. Would you take drugs/alcohol?							
5.	Imagine it is late, you cannot sleep and drugs are available in the house. You have decided not to use drugs. Could you resist the urge to use drugs to help you get to sleep?							
6.	Imagine that a new job is starting tomorrow, you are going out with friends and expecting a good time. Could you resist the urge to celebrate with drugs/alcohol?							

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		1	2	3	4	5	6	7
7.	Imagine that you are home with your loved one, and very angry after a fight. You are tempted to get back at your partner by getting stoned/loaded. Would you give in to the temptation?							
8.	Imagine that a very important relationship has just ended, and you are very depressed. Would you give in to the urge to take drugs/alcohol?							
9.	Imagine that you have run into 2 friends who are celebrating a win at horse racing with drugs. Could you resist their urging to join them in drug/alcohol use?							
10.	Imagine that you are at a party and feeling uptight. Most people seem to be having a good time. You are tempted to use drugs/alcohol to loosen up. Would you?							
11.	Imagine that you promised yourself to stay straight for 2 months but you have just blown your 5 week record with one hit or drink. Would this situation lead you to take a second one?							
12.	Imagine that you had managed to stay straight for a near record time, but last night you blew it. Because of last night you are feeling weak. Would you take drugs/alcohol tonight?							
13.	Imagine that you are home alone and depressed. Could you resist the urge to go out and find some drugs/alcohol?							
14.	Imagine that a good friend has accused you of being insensitive. Now you are feeling hurt and tempted to use drugs/alcohol. Could you resist?							
15.	Imagine that a good friend is feeling miserable. He wants you to join him in heavy discussion and drug use to pick his spirits up. Could you resist the urge to take drugs/alcohol?							
16.	Imagine that you are home alone; it is a dull weekend with nothing in particular to look forward to. You are bored. Would you give in to the urge to get stoned/loaded?							

Total score: _____ / 122

Scoring and interpretation

Each item is scored on a 1 to 7 scale. Items 2, 4, 7, 8, 10, 11, 12, and 16 are reverse scored (7=1; 6=2; 5=3; 4=4; 3=5; 2=6; 1=7) prior to scoring. The total score is obtained by summing the 16 items.

High (82-112):

- Substance users display an excellent level of drug avoidance self-efficacy. This level signifies that substance users already mastered, controlled, and dominated their addiction and pleasure when taking drugs. They are knowledgeable enough about the consequences of taking substances and are ready to produce successful outcomes. Psychological counseling and support from time to time are necessary.

Moderate (49-81):

- Substance users experience a good level of drug avoidance self-efficacy since they can control and prevent themselves from using drugs. Substance users are suggested to increase their efforts in indulging themselves in substance use. Psychosocial support may be needed to maintain their levels of drug avoidance self-efficacy.

Low (16-48):

- Substance users have a greater tendency to indulge themselves in drug use since personal and environmental factors highly influence them. Substance users were not able to master and control themselves and their environment to avoid using drugs. The substance users are suggested to seek psychological services for support.

References

Malinao, D. M. (2024). A concurrent analysis of drug relapse risk, drug avoidance self-efficacy, and aftercare experiences among aftercare program clients. *Technium Social Sciences Journal*, 57, 134-182. <https://doi.org/10.47577/tssj.v57i1.10939>

Martin, G. W., Wilkinson, D. A., & Poulos, C. X. (1995). The drug avoidance self-efficacy scale. *Journal of Substance Abuse*, 7(2), 151-163. [https://doi.org/10.1016/0899-3289\(95\)90001-2](https://doi.org/10.1016/0899-3289(95)90001-2)