Situational Confidence Questionnaire (SCQ)

Sample items – Incomplete Questionnaire.

Unpleasant Emotions
If I felt that I had let myself down
If I were angry at the way things had turned out

Physical Discomfort
If I felt nauseous
If my stomach felt like it was tied in knots

Pleasant Emotions
If I felt confident and relaxed
If everything were going well

Testing Personal Control
If I convinced myself that I was a new person and could take a few drinks
If I wondered about self-control over alcohol and felt like having a drink to try it out

Urges and Temptations
If I remembered how good it tasted
If I passed by a liquor store

Social Problems at Work
If I weren't getting along well with others at work
If pressure built up at work because of the demands of my supervisor

Social Tension
If I had an argument with a friend
If other people didn't seem to like me

Positive Social Situations
If I were at a party and other people were drinking
If I were relaxed with a good friend and wanted to have a good time

Instructions for SCQ: Listed are a number of situations or events in which some people experience a drinking 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 100% confident right now that you could resist the urge to drink heavily; 90 if 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.

Scoring: Items are rated on a six point scale ranging from 0% (not at all confident) to 100% (very confident). Average confidence scores are calculated for each of the eight categories and overall SCQ scores are calculated by averaging confidence scores across all eight areas. In addition to the separate subscale scores, profiles can be constructed of the client's confidence in resisting drinking based on scores on the eight drinking categories. These profiles may help the client and the therapist identify areas of strength and areas of vulnerability in resisting urges to drink. The computer version of the SCQ automatically scores a client's responses and generates a profile of the client's confidence ratings across the eight categories of drinking situations.