

## ACS Treatment Self-Regulation Questionnaires

Each client at ACS signs an abstinence agreement at intake. Clients comply with the ACS abstinence requirement and keep their commitment to total abstinence during treatment for a variety of reasons. Please consider the following behaviors and indicate how true each of these reasons is for you. The scale is:

1	2	3	4	5	6	7
not at all true		somewhat true			very true	

*I will/do maintain abstinence because:*

Other people would be mad at me if I didn't. \_\_\_\_\_  
I find it a personal challenge to do so. \_\_\_\_\_  
I personally believe abstinence will improve my health. \_\_\_\_\_  
I would feel guilty if I didn't do what my doctor said. \_\_\_\_\_  
I want my counselors to think I'm a good client. \_\_\_\_\_  
I would feel bad about myself if I didn't. \_\_\_\_\_  
It's exciting to try to keep my body a healthy. \_\_\_\_\_  
I don't want other people to be disappointed in me. \_\_\_\_\_

*The reason I improve my diet and exercise regularly is that: \_*

Other people would be upset with me if I didn't. \_\_\_\_\_  
I personally believe that these are important in remaining healthy. \_\_\_\_\_  
I would be ashamed of myself if I didn't. \_\_\_\_\_  
It is easier to do what I'm told than to think about it. \_\_\_\_\_  
I've carefully thought about my diet and exercising and believe it's the right thing to do. \_\_\_\_\_  
I want others to see that I can follow my diet and stay fit. \_\_\_\_\_  
I just do it because my doctor said to. \_\_\_\_\_  
I feel personally that watching my diet and exercising are the best things for me. \_\_\_\_\_  
I'd feel guilty if I didn't watch my diet and exercise. \_\_\_\_\_  
Exercising regularly and following my diet are choices I really want to make. \_\_\_\_\_  
It's a challenge to learn how to live without alcohol. \_\_\_\_\_

Scoring this version of the ACS TSRQ

To calculate the two subscale scores, average the items on that subscale.

Autonomous Regulation: 2, 3, 7, 10, 13, 16, 18, 19

Controlled Regulation: 1, 4, 5, 6, 8, 9, 11, 12, 14, 15, 17

Also determine total scores in each section. Determine if client is autonomous or controlled regulator and if scores are significant in each category.

**Treatment Questionnaire Concerning Entering Substance Abuse**

**Treatment:**

There are a variety of reasons why patients enter a program such as this and follow its procedures. The items on this questionnaire are broken into four groups. Please read the statement at the beginning of each group and then consider the reasons that follow it in terms of how true that reason is for you. The scale is:

1                    2                    3                    4                    5                    6                    7  
not at all true                    somewhat true                    very true

*I decided to enter this weight-loss program because:*

I won't like myself very much until I am sober. \_\_\_\_\_

People will like me better when I'm sober. \_\_\_\_\_

It feels important to me personally to be sober. \_\_\_\_\_

I really want to make some changes in my life. \_\_\_\_\_

*If I remain in treatment it will probably be because:*

I'll feel like a failure if I don't. \_\_\_\_\_

People will think I'm a weak person if I don't. \_\_\_\_\_

I'll feel very bad about myself if I don't. \_\_\_\_\_

Others will be angry at me if I don't. \_\_\_\_\_

I feel like it's the best way to help myself. \_\_\_\_\_

*I plan to remain abstinent because:*

I'll be ashamed of myself if I don't. \_\_\_\_\_

I'll hate myself if I can't get my drinking under control. \_\_\_\_\_

My friends/family don't like the way I act when drinking. \_\_\_\_\_

Drinking makes it hard to get things done. \_\_\_\_\_

*I have agreed to follow the procedures of the program because:*  
 I am worried that I will get in trouble with the staff if I don't follow all the guidelines. \_\_\_\_\_  
 I'll feel guilty if I don't comply with all the procedures. \_\_\_\_\_  
 I want others to see that I am really trying to stop drinking. \_\_\_\_\_  
 I believe they will help me solve my problem drinking. \_\_\_\_\_  
 It's important to me that my efforts succeed. \_\_\_\_\_

Scoring this version of the TSRQ  
 To calculate the two subscale scores, average the items on that subscale.  
 They are:  
 Autonomous Regulation: 3, 4, 9, 13, 17, 18  
 Controlled Regulation: 1, 2, 5, 6, 7, 8, 10, 11, 12, 14, 15, 16

Also determine total scores in each section. Determine if client is autonomous or controlled regulator and if scores are significant in each category.

**Treatment Questionnaire Concerning Continued Program Participation:**

The following questions relate to your reasons for continuing to participate in the program. Different people have different reasons for continuing in such a program, and we want to know how true each of these reasons is for you. There are two groups of questions. The questions in each group pertain to the sentence that begins that group.

Please indicate how true each reason is for you, using the following scale:

1	2	3	4	5	6	7
not at all true		somewhat true			very true	

*I have remained in treatment because:*  
 I would have felt bad about myself if I didn't. \_\_\_\_\_  
 Others would have been angry with me if I didn't. \_\_\_\_\_  
 I would have felt like a failure if I didn't. \_\_\_\_\_  
 I feel like it's the best way to help myself. \_\_\_\_\_  
 People would think I'm a weak person if I didn't. \_\_\_\_\_  
 I have chosen not to leave the program. \_\_\_\_\_

It is a challenge to accomplish my goal. \_\_\_\_\_  
I have invested so much money in this program. \_\_\_\_\_

*I have been following the procedures of the program because:*  
I believe they help me solve my problem. \_\_\_\_\_  
I have been worried that I would get in trouble with the staff if I didn't follow all the guidelines. \_\_\_\_\_  
I want others to see that I am really trying to quit drinking. \_\_\_\_\_  
It is important to me that my efforts succeed. \_\_\_\_\_  
I feel guilty if I don't comply with all the procedures. \_\_\_\_\_

Scoring this version of the TSRQ  
To calculate the two subscale scores, average the items on that subscale.  
They are:  
Autonomous Regulation: 4, 6, 7, 9, 12  
Controlled Regulation: 1, 2, 3, 5, 8, 10, 11, 13

Also determine total scores in each section. Determine if client is autonomous or controlled regulator and if scores are significant in each category.

### **Treatment Motivation Questionnaire:**

#### The TMQ Scale

This questionnaire concerns people's reasons for entering treatment and their feelings about treatment. Different people have different reasons for entering treatment, and we want to know how true each of these reasons is for you. Please indicate how true each reason is for you, using the following scale:

1	2	3	4	5	6	7
not at all true		somewhat true			very true	

*I came for treatment at the clinic because:*  
I really want to make some changes in my life. \_\_\_\_\_  
I won't feel good about myself if I don't get some help. \_\_\_\_\_  
I was referred by the legal system or FSC. \_\_\_\_\_  
I feel so guilty about my problem that I have to do something about it. \_\_\_\_\_  
It is important to me personally to solve my problems. \_\_\_\_\_

*If I remain in treatment it will probably be because:*

I'll get in trouble if I don't. \_\_\_\_\_

I'll feel very bad about myself if I don't. \_\_\_\_\_

I'll feel like a failure if I don't. \_\_\_\_\_

I feel like it's the best way to help myself. \_\_\_\_\_

I don't really feel like I have a choice about staying in treatment. \_\_\_\_\_

I feel it is in my best interests to complete treatment. \_\_\_\_\_

***Rate each of the following in terms of how true each statement is for you.***

I came to treatment now because I was under pressure to come. \_\_\_\_\_

I am not sure this program will work for me. \_\_\_\_\_

I am confident this program will work for me. \_\_\_\_\_

I decided to come to treatment because I was interested in getting help. \_\_\_\_\_

I'm not convinced that this program will help me stop drinking. \_\_\_\_\_

I want to openly relate with others in the program. \_\_\_\_\_

I want to share some of my concerns and feelings with others. \_\_\_\_\_

It will be important for me to work closely with others in solving my problem. \_\_\_\_\_

I am responsible for this choice of treatment. \_\_\_\_\_

I doubt that this program will solve my problems. \_\_\_\_\_

I look forward to relating to others who have similar problems. \_\_\_\_\_

I chose this treatment because I think it is an opportunity for change. \_\_\_\_\_

I am not very confident that I will get results from treatment this time. \_\_\_\_\_

It will be a relief for me to share my concerns with other program participants. \_\_\_\_\_

I accept the fact that I need some help and support from others to beat my problem. \_\_\_\_\_

Scoring the TMQ. Calculate the four subscale scores by averaging the responses for item in that subscale. The external reasons and internalized reasons are the subscales that relate directly to self-determination theory.

External Reasons: 3, 6, 10, 12

Internalized Reasons: 1, 2, 4, 5, 7, 8, 9, 11, 15, 20, 23

Help Seeking: 17, 18, 19, 22, 25, 26

Confidence: 13(R), 14, 16(R), 21(R), 24(R)

Note: An (R) after items in the Confidence subscale means that the item should be reverse scored before averaging it with other items in the subscale.

To do that, subtract the person's response from 8. Thus, for example, a 3 becomes a 5. This way, a higher score means more confidence in treatment.

Also determine total scores in each section.

