

high risk confidence questionnaire (hrc)

These questions are about your ability to resist smoking cannabis (mull, dope, pot etc) in a variety of different situations and about how confident you are in your ability.

Think about the following situations and **CIRCLE** the degree of confidence that you have for resisting smoking cannabis in each of them.

How confident are you that you could stop yourself from (resist) smoking cannabis if you were:

Angry

Could not resist	Moderately sure I could resist						Certain I could resist			
0% 10% 20%	30%	40%	50%	60%	70%	80%	90%	100%		

Sad

Could not resist	Moderately sure I could resist						Certain I could resist			
0% 10% 20%	30%	40%	50%	60%	70%	80%	90%	100%		

At a party with friends

Could not resist	Moderately sure I could resist						Certain I could resist			
0% 10% 20%	30%	40%	50%	60%	70%	80%	90%	100%		

Wanting to feel good

Could not resist	Moderately sure I could resist						Certain I could resist			
0% 10% 20%	30%	40%	50%	60%	70%	80%	90%	100%		

Before/after a meal

Could not resist	Moderately sure I could resist						Certain I could resist			
0% 10% 20%	30%	40%	50%	60%	70%	80%	90%	100%		

Arriving home wanting to relax

Could not resist	Moderately sure I could resist						Certain I could resist			
0% 10% 20%	30%	40%	50%	60%	70%	80%	90%	100%		

Wanting to feel more confident

Could not resist	Moderately sure I could resist						Certain I could resist			
0% 10% 20%	30%	40%	50%	60%	70%	80%	90%	100%		

Bored

Could not resist	Moderately sure I could resist						Certain I could resist			
0% 10% 20%	30%	40%	50%	60%	70%	80%	90%	100%		

Offered a cone or a joint

Could not resist	Moderately sure I could resist						Certain I could resist			
0% 10% 20%	30%	40%	50%	60%	70%	80%	90%	100%		

high risk confidence questionnaire (hrc) (continued)

How confident are you that you could stop yourself from (resist) smoking cannabis if you were:

Not relaxed in a social situation											
Could not resist			Moderately sure I could resist						Certain I could resist		
0%	10%	20%	30%	40%	50%	60%	70%	80%	90%	100%	
Watching TV											
Could not resist			Moderately sure I could resist						Certain I could resist		
0%	10%	20%	30%	40%	50%	60%	70%	80%	90%	100%	
Worried											
Could not resist			Moderately sure I could resist						Certain I could resist		
0%	10%	20%	30%	40%	50%	60%	70%	80%	90%	100%	
Remembering you haven't smoked for a while											
Could not resist			Moderately sure I could resist						Certain I could resist		
0%	10%	20%	30%	40%	50%	60%	70%	80%	90%	100%	
Seeing friends that you usually smoke with											
Could not resist			Moderately sure I could resist						Certain I could resist		
0%	10%	20%	30%	40%	50%	60%	70%	80%	90%	100%	
After an argument											
Could not resist			Moderately sure I could resist						Certain I could resist		
0%	10%	20%	30%	40%	50%	60%	70%	80%	90%	100%	
Happy and celebrating											
Could not resist			Moderately sure I could resist						Certain I could resist		
0%	10%	20%	30%	40%	50%	60%	70%	80%	90%	100%	
Stressed											
Could not resist			Moderately sure I could resist						Certain I could resist		
0%	10%	20%	30%	40%	50%	60%	70%	80%	90%	100%	
Craving a smoke											
Could not resist			Moderately sure I could resist						Certain I could resist		
0%	10%	20%	30%	40%	50%	60%	70%	80%	90%	100%	
Frustrated											
Could not resist			Moderately sure I could resist						Certain I could resist		
0%	10%	20%	30%	40%	50%	60%	70%	80%	90%	100%	
Getting up first thing in the morning											
Could not resist			Moderately sure I could resist						Certain I could resist		
0%	10%	20%	30%	40%	50%	60%	70%	80%	90%	100%	