Instructions: Below you will find a list of statements. Please rate how true each statement is for you by circling a number next to it. Use the scale below to make your choice. The term substance is used below to refer to both drugs and alcohol.

1. I can do things that are important to me even when I’m feeling urges to use substances.

\_1. Never true

\_2. Very seldom true

\_3. Seldom true

\_4. Sometimes true

\_5. Frequently true

\_6. Almost always true

\_7. Always true

1. My urges and cravings to use get in the way of my success.

\_1. Never true

\_2. Very seldom true

\_3. Seldom true

\_4. Sometimes true

\_5. Frequently true

\_6. Almost always true

\_7. Always true

1. If I have urges to use substances, then I am a substance abuser.

\_1. Never true

\_2. Very seldom true

\_3. Seldom true

\_4. Sometimes true

\_5. Frequently true

\_6. Almost always true

\_7. Always true

1. I try to achieve my sobriety goals, even if I am uncertain that I can.

\_1. Never true

\_2. Very seldom true

\_3. Seldom true

\_4. Sometimes true

\_5. Frequently true

\_6. Almost always true

\_7. Always true

1. I work towards things I value, even though at times I feel cravings to use substances.

\_1. Never true

\_2. Very seldom true

\_3. Seldom true

\_4. Sometimes true

\_5. Frequently true

\_6. Almost always true

\_7. Always true

1. I am not very aware of what occurs around me when I am thinking of using substances.

\_1. Never true

\_2. Very seldom true

\_3. Seldom true

\_4. Sometimes true

\_5. Frequently true

\_6. Almost always true

\_7. Always true

1. I can set a course in my life and stick to it, even if I have doubts about my sobriety.

\_1. Never true

\_2. Very seldom true

\_3. Seldom true

\_4. Sometimes true

\_5. Frequently true

\_6. Almost always true

\_7. Always true

1. Memories of my substance use history make it difficult for me to live a life that I would value.

\_1. Never true

\_2. Very seldom true

\_3. Seldom true

\_4. Sometimes true

\_5. Frequently true

\_6. Almost always true

\_7. Always true

1. If I get bored working toward my recovery, I can still take the steps necessary to succeed.

\_1. Never true

\_2. Very seldom true

\_3. Seldom true

\_4. Sometimes true

\_5. Frequently true

\_6. Almost always true

\_7. Always true

1. If I feel uncertain about my recovery, I can still make a choice and take action.

\_1. Never true

\_2. Very seldom true

\_3. Seldom true

\_4. Sometimes true

\_5. Frequently true

\_6. Almost always true

\_7. Always true

1. If I promised to do something, I’ll do it, even if I later don’t feel like it.

\_1. Never true

\_2. Very seldom true

\_3. Seldom true

\_4. Sometimes true

\_5. Frequently true

\_6. Almost always true

\_7. Always true

1. Having some worries about substance use will not prevent me from living a fulfilling life.

\_1. Never true

\_2. Very seldom true

\_3. Seldom true

\_4. Sometimes true

\_5. Frequently true

\_6. Almost always true

\_7. Always true

1. I would rather achieve my goals than avoid thoughts and feelings about substances.

\_1. Never true

\_2. Very seldom true

\_3. Seldom true

\_4. Sometimes true

\_5. Frequently true

\_6. Almost always true

\_7. Always true

1. Urges and cravings cause problems in my life.

\_1. Never true

\_2. Very seldom true

\_3. Seldom true

\_4. Sometimes true

\_5. Frequently true

\_6. Almost always true

\_7. Always true

1. I’m afraid of my positive feelings about a substance I’ve abused.

\_1. Never true

\_2. Very seldom true

\_3. Seldom true

\_4. Sometimes true

\_5. Frequently true

\_6. Almost always true

\_7. Always true

1. When I think of substance use my mind is often on “automatic pilot”, not fully involved in what I am doing in the moment.

\_1. Never true

\_2. Very seldom true

\_3. Seldom true

\_4. Sometimes true

\_5. Frequently true

\_6. Almost always true

\_7. Always true

1. I worry about not being able to control my urges and cravings.

\_1. Never true

\_2. Very seldom true

\_3. Seldom true

\_4. Sometimes true

\_5. Frequently true

\_6. Almost always true

\_7. Always true

1. Feeling sad or anxious makes me want to use substances.

\_1. Never true

\_2. Very seldom true

\_3. Seldom true

\_4. Sometimes true

\_5. Frequently true

\_6. Almost always true

\_7. Always true

*Refrain from providing the following information to participants:*

Scoring information:

Scale 1 – values commitment subscale

Scale 2 – defused acceptance subscale

Items:

1. Scale 1

2. Scale 2 – Reverse scored

3. Scale 2 – Reverse scored

4. Scale 1

5. Scale 1

6. Scale 2 – Reverse scored

7. Scale 1

8. Scale 2 – Reverse scored

9. Scale 1

10. Scale 1

11. Scale 1

12. Scale 1

13. Scale 1

14. Scale 2 – Reverse scored

15. Scale 2 – Reverse scored

16. Scale 2 – Reverse scored

17. Scale 2 – Reverse scored

18. Scale 2 – Reverse scored

Copyright Information:

From author, Jason Luoma:

Feel free to use the Acceptance and Action Questionnaire – Substance Abuse (AAQ-SA)

in your research. If you have any questions about the scale, please email me. I would also ask that you let me know about any results you obtain using the scale and/or send me a copy of any articles that you publish that contain the scale. There is little research being conducted on stigma in addiction and so I like to try to help facilitate new research and keep abreast of what's happening. The appropriate reference is listed below.

Regards,

Jason B. Luoma, Ph.D. Licensed Psychologist in Oregon Director

Portland Psychotherapy Clinic, Research, and Training Center 1830 NE Grand Ave. Portland, OR 97212

Business phone: 503-281-4852 Email: jbluoma@gmail.com

Reference:

Luoma, J. B., Drake, C., Hayes, S. C., Kohlenberg, B. (2011). Substance Abuse and Psychological Flexibility: The Development of a New Measure. Addiction Research and Theory, 19(1), 3-13.