

To Whom it May Concern:

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,

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**The scale and publication can be obtained at:**

<http://www.portlandpsychotherapyclinic.com/training/publications>

**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.

**Subscales and Scoring Guide**

Scale 1 – values commitment

Scale 2 – defused acceptance

Item

1. Scale 1
2. Scale 2 – reverse item
3. Scale 2 – reverse item
4. Scale 1
5. Scale 1
6. Scale 2 – reverse item
7. Scale 1

8. Scale 2 – reverse item
9. Scale 1
10. Scale 1
11. Scale 1
12. Scale 1
13. Scale 1
14. Scale 2 – reverse item
15. Scale 2 – reverse item
16. Scale 2 – reverse item
17. Scale 2 – reverse item
18. Scale 2 – reverse item

## AAQ – SA

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	2	3	4	5	6	7
never true	very seldom true	seldom true	sometimes true	frequently true	almost always true	always true

1. I can do things that are important to me even when I'm feeling urges to use substances.	1	2	3	4	5	6	7
2. My urges and cravings to use get in the way of my success.	1	2	3	4	5	6	7
3. If I have urges to use substances, then I am a substance abuser	1	2	3	4	5	6	7
4. I try to achieve my sobriety goals, even if I am uncertain that I can.	1	2	3	4	5	6	7
5. I work towards things I value, even though at times I feel cravings to use substances.	1	2	3	4	5	6	7
6. I am not very aware of what occurs around me when I am thinking of using substances.	1	2	3	4	5	6	7
7. I can set a course in my life and stick to it, even if I have doubts about my sobriety.	1	2	3	4	5	6	7
8. Memories of my substance use history make it difficult for me to live a life that I would value.	1	2	3	4	5	6	7
9. If I get bored working toward my recovery, I can still take the steps necessary to succeed.	1	2	3	4	5	6	7
10. If I feel uncertain about my recovery, I can still make a choice and take action.	1	2	3	4	5	6	7
11. If I promised to do something, I'll do it, even if I later don't feel like it.	1	2	3	4	5	6	7
12. Having some worries about substance use will not prevent me from living a fulfilling life.	1	2	3	4	5	6	7
13. I would rather achieve my goals than avoid thoughts and feelings about substances.	1	2	3	4	5	6	7
14. Urges and cravings cause problems in my life.	1	2	3	4	5	6	7
15. I'm afraid of my positive feelings about a substance I've abused.	1	2	3	4	5	6	7
16. 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	2	3	4	5	6	7
17. I worry about not being able to control my urges and cravings.	1	2	3	4	5	6	7
18. Feeling sad or anxious makes me want to use substances.	1	2	3	4	5	6	7