

Alcohol-Specific Role Play Test

Interpersonal Scenes Scene #1: Narrator: Some friends have come over to watch the fight on TV. Everyone has been ready for a good match. Your friends have brought some beer and you have stocked up on food. Unfortunately, the fight lasts one and a half rounds. You are all disappointed and restless. The five of you are sitting with 2 cases of beer and twelve dollars worth of cold cuts. Your friend says: Confederate: "Well, what are we going to do now?"

Goals:

1. To enjoy a social evening with friends.
2. Not to drink.

Assertive response might include:

1. Directly addressing the surplus beer or wine.
2. Suggesting alternative activities (either alternative beverage or recreation)
3. Addressing the emotional disappointment.

Passive:

1. Might just suggest sitting around talking (risk)
2. Say nothing, let other decide.

Aggressive:

1. Might just send friends home (with or without their beer). This would meet second goal but not first. An 11-point response might include all these possibilities.

Examples: Well, we can have a game of cards. You guys can have the beer, I'll have a soda - - and there are plenty of cold cuts for sandwiches.

Sentence 1 - - Suggests an alternative activity.

Sentence 2 - - Addresses the beer directly and suggests an alternative beverage.

Sentence 3 - - The entire sequence suggest social skill and continues the evening.

Lower the score if the person doesn't mention the beer. The same guidelines are used for the parallel scene for women.

Scene #2: Narrator: It is a warm summer night. You and a friend are out for a walk. As you are headed back toward home, you pass by a bar where you both had spent some time in the past. Your friend says: Confederate: "Remember some of the nights we spent in that place?"

Goals:

1. Acknowledge friendship and good times.
2. Make it clear that drinking is no longer an option.
3. Not to drink, therefore not go into the bar.

Response must make some acknowledgement of the friendship and assertively address the fact that person is not going to drink anymore.

Example of an 11-point response: Yes, there were some good times, and you are a good friend. But, there also were some bad times with the drinking and I'm not drinking anymore.

Scene #3: Narrator: One of the people you supervise has been having family problems that are affecting his work. Your boss has asked you to speak with this person and report back to him at the end of the day. You are feeling very anxious about this because you don't know how to approach this person. Your boss says: Confederate: "Will you get this straightened out by the end of the day and report back to me?"

Goals:

1. To assure your boss that you will try to meet his request.
2. Acknowledge assertively that it is a difficult task, and perhaps that you are feeling anxious about it.
3. Not to drink.

There was some controversy about this scene when we set criterion, concerning what type of job the person had, and how this might reflect on the type of answer the boss might expect or accept. We considered that asking for suggestions about how to proceed, and admitting your anxiety might not be skillful in some situations.

Example of an 11-point response: I'll talk to him and see if I can get him to talk about the problem. However, I hope you understand that if it is a personal problem he might not want to talk about it. I will report back to you at the end of the day.

Sentence 1 & 3 - - Address goal 1.

Sentence 2 - - Addresses goal 2.

Goal 3 - - Is inferred from the fact of an effective strategy for handling the situation.

Scene #4: Narrator: You're having an argument with your wife, girlfriend or close relative. She's upset because she needs gas in her car and has asked you for \$10. You've just bought a six-pack and a bottle of vodka and don't have any money left. She says to you: Confederate: "Would you mind telling me how I'm going to get gas in my car?"

- Goals:
1. Help your wife solve the problem.
 2. Maintain positive relationship with you wife.
 3. Not to drink.

Important to: Acknowledge beer/vodka as part of goal 2. The difficulty here was that some of the men said it is their wife's problem (in a nice way) that the wife had her own money. This is partially a question of how the family finances are handled. For the purposes of rating, we rated consistently on the basis of problem solving skill for the first and second goal, and acknowledgement of the beer and vodka for the third goal.

Examples of 11-point responses: I'll return the beer and vodka and get the \$10 for gas for your car. or Well, I just spent \$10 on beer and vodka, but why don't we borrow some money from my brother for gas, ... and we'll give my brother the beer.

Scene #5 Narrator: You are at an afternoon business meeting. Someone suggests the meeting continue over drinks across the street. You're concerned what people may think of you if you don't drink. Your customer says: Confederate: "I think we can settle this over a couple of drinks, would you care to join me?"

Goals:

1. Keep the customer.
2. Not to drink

Important to:

1. Acknowledge invitation.
2. Suggest an alternative to either the invitation or the beverage or both.

3. Avoid drinking.

Lower the score if there is no mention of the drink. It is okay to go into a bar in this response.

Examples of 11-point response might include: Thank you, but no, it's getting late. Perhaps we can continue this tomorrow. or That would be nice, but, I don't drink. I'll just have a soda or coffee.

Intrapersonal Scenes Scene #6: Narrator: You have been out of work for one month. You were not laid off and it doesn't look as if you will be eligible for unemployment compensation. You're feeling angry and frustrated.

Prompt: What would you do in this situation?

Goals:

1. To look for or locate other employment.
2. To make some financial arrangement.
3. Not to drink.

The coping skill rating is determined primarily by the quality of the problem solving response. Taking action to find employment and/or other financial assistance is best. Seeking support and/or cognitive coping strategies may decrease the negative affect associated with the unemployment. If the subject is angry or frustrated and does not address this, give a lower rating for skill and effectiveness.

Example of an 11-point response: I'd get the classifieds and start calling. The I'd call my sponsor because he can usually help me see that things aren't as bad as they look. I'll get by.

Sentence 1 - - Is problem solving (stimulus control).

Sentence 2 - - Is interpersonal support and cognitive coping.

Sentence 3 - - Is cognitive coping.

Scene #7: Narrator: You just woke up. You are feeling shaky. You feel as if you're going to jump out of your skin. You feel the urge for a drink.

Prompt: What would you do in this situation:

Goals:

1. To address and deal with the withdrawal symptoms.
2. Not to drink.

A good response such as showering will help the person feel better and function. Responses that receive a lower score: Using another drug (except aspirin or equivalent is OK). "I'd have coffee and a cigarette" is scored 5 for coping and effectiveness since withdrawal symptoms may be increased by caffeine. "I'd go back to bed" as this may neglect responsibilities.

Example of an 11-point response: I'd fix a glass of OJ and relax with the paper until I felt somewhat better. Then I'd have a good breakfast and get myself, going as working takes my mind off of how I feel.

Sentence 1 - - Relaxation and stimulus control (alternative).

Sentence 2 - - Is stimulus control: alternative activities and consumption, distractions.

Scene #8: Narrator: You've told your son many times to cut his hair and to stop using foul language. You don't like the friends he is hanging around with. He doesn't seem to care what you say and continues to behave in this way. You keep thinking, no one ever does what I tell them to do.

Prompt: How would you handle this situation?

Goals:

1. To discuss problem with son in a constructive way.
2. To feel less upset about the situation.
3. Not to drink.

A good coping score is based primarily on the subject's ability to give constructive criticism. Lower the score is parent and son appear to be headed toward an argument. The "broken record technique" (hounding) is typically not above a 5 for coping.

Example of an 11-point response: I'd tell him, look, we got to have a talk. Life isn't good for either of us when you talk that way or have those friends around. Let's see if we can compromise. You can use that language when you're away but not at home, and you can't bring Jimmy over here but I won't try to keep you from going out with him.

Scene #9: Narrator: You have been driving 60 in a 45 mph zone when a state trooper stopped you. That was your second ticket in the last month. You are wondering if you will lose your license. The state trooper has left. You are feeling very tense and anxious because of the whole incident. You decide to do something to get you mind off it.

Prompt: How would you handle this situation?

Goals:

1. To reduce anxiety.
2. Not to drink.

Good responses would be ones involving a relaxation method, cognitive coping to reduce negative feelings, alternative activities to take their mind off of it or to feel better, or social support. Give a lower coping score and a higher anxiety score if the subject talks to the state trooper, since the narrator stated that the state trooper has left.

Example of an 11-point response: I'd go see Jane, since she always makes me feel better and she's sober. We could go out somewhere and have fun, like the movies or the mall.

Sentence 1 - - Is interpersonal support and cognitive coping.

Sentence 2 - - Is stimulus control (alternative activities) and relaxation.

Scene #10: Narrator: It's been a very hot and hectic Saturday at home. So far, you've washed windows, cleaned out the basement and helped your neighbor move some furniture. You have a few more chores to do but now you have a few minutes to relax. You begin to think about a nice cold beer and how good it would taste.

Prompt: How would you handle this situation?

Goals:

1. To quench thirst.
2. To relax somehow.
3. Not to drink.

Both goals 1 and 2 need to be addressed to get the best score. A variety of alternative activities may count as a relaxing activity, including a cold shower. If the subject focuses only on relaxation (e.g., watching TV) without quenching thirst, the maximum coping score is 5. However, if the subject focuses only on quenching thirst (e.g., have a Coke), then some relaxation is implied as he must stop working to get a Coke. Therefore, "have a Coke" can score more than 5.

Example of an 11-point response: Have an iced tea and read the paper for awhile. Sentence 1 - -
Is stimulus control and relaxation: alternative beverage and enjoyable activity.