**Temptation and Restraint Inventory (TRI)**

**BRIEF DESCRIPTION**

The TRI is a measure of drinking restraint (i.e., the preoccupation with controlling alcohol consumption). It consists of 15 items, each of which is rated on a 9-point scale where “1” reflects a lack of preoccupation and “9” reflects a high degree of preoccupation. The items form five first-order factors. Three of the factors were drawn from factor and confirmatory analyses of the Restrained Drinking Scale (Ruderman & McKirnan, 1984). These three factors are: Govern (difficulty controlling alcohol intake), Restrict (attempts to limit drinking), and Emotion (negative affect as a reason for drinking). The other two factors were newly developed. They are Concern about Drinking (CAD; plans to reduce drinking/worry about controlling drinking) and Cognitive Preoccupation (CP; thoughts about drinking). All factors exhibit adequate levels of internal consistency (alphas = .78 to .91). These five factors form two internally consistent second-order factors; Cognitive and Emotional Preoccupation (CEP; alpha = .91) and Cognitive and Behavioral Concern (CBC; alpha = .79). The CEP higher-order factor is composed of Govern, Emotion, and CP. It measures the temptation to drink. The CBC higher-order factor is composed of Restrict and CAD. It measures the control/restriction of alcohol intake.

**TARGET POPULATION**

- Adults
- Adolescents

*Groups for which this instrument might be especially helpful?*

Drinkers who are concerned about their alcohol consumption

**ADMINISTRATIVE ISSUES**

- Number of items: 15
- Number of subscales: 5
- Format(s): Pencil-and-paper self-administered
  - Interview
  - Observation
  - Computer self-administered
  - Other
- Time required for administration: 10 minutes
- Administered by: Self
- Training required for administration? Yes
- Comments: Language is relatively simple and should be easy to self-administer.
SCORING

Time required to score/interpret: A few minutes
Scored by: Any trained personnel
Computerized scoring or interpretation available? □ Yes ○ No
Norms available? ○ Yes □ No
Instrument normed on subgroups? □ Yes ○ No
Comments: Scoring and interpretation scores are relatively straightforward. Factor scores are summed.

PSYCHOMETRICS

Have reliability studies been done? ○ Yes □ No
What measure(s) of reliability was used?
□ Test-retest
□ Split half (not applicable)
○ Internal consistency
Have validity studies been done? ○ Yes □ No
What measures of validity have been derived?
□ Content
○ Criterion (predictive, concurrent, “postdictive”)
□ Construct

CLINICAL UTILITY OF INSTRUMENT

To assess both the temptation to drink and the preoccupation with limiting drinking in persons who wish to cut down on drinking or to abstain from consuming alcohol

RESEARCH APPLICABILITY

Studies of the abstinence/limit violation effect among social drinkers and problem drinkers

SOURCE, COST AND COPYRIGHT ISSUES

Copyright: □ Yes ○ No
Cost: None
Source: R. Lorraine Collins
Research Institute on Addictions
1021 Main Street
Buffalo, NY 14203

SOURCE REFERENCE

SUPPORTING REFERENCES
