

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 no

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
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Buffalo, NY 14203

SOURCE REFERENCE

Collins, R.L. & Lapp, W.M. (1992). The Temptation and Restraint Inventory for measuring drinking restraint. *British Journal of Addiction*, 87, 625-633.

SUPPORTING REFERENCES

Collins, R.L., Koutsky, J.R. & Izzo, C.V. (2000). Temptation, restriction and the regulation of alcohol intake: Validity and utility of the Temptation and Restraint Inventory. *Journal of Studies on Alcohol*, 61, 766-773.

Connors, G.J., Collins, R.L., Dermen, K.H. & Koutsky, J.R. (1998). Substance use restraint: An extension of the construct to a clinical population. *Cognitive Therapy and Research*, 22, 87-99.