CARE

Cognitive Appraisal of Risky Events (CARE)

The CARE is a self-report questionnaire designed to measure how individuals perceive and cognitively appraise different types of risky events, particularly those associated with alcohol and substance use. It assesses the perceived likelihood, anticipated frequency, benefits, and potential consequences of risky behaviors.

Number of questions	30 questions
Estimated duration	15 minutes
Language	English
Original name	Cognitive Appraisal of Risky Events
Target audience	Adolescents, adults
Authors	Kim Fromme, Elizabeth C. Katz, Kathy Rivet (1997)
Category	General

Preview of the 30 questions

How likely is it that you would experience some positive consequence if you were to engage in these activities?

Trying/using drugs other than alcohol or marijuana

1 - Not at all likely | 2 | 3 | 4 - Moderately likely | 5 | 6 | 7 - Extremely likely

How likely is it that you would experience some positive consequence if you were to engage in these activities?

Missing class or work

1 - Not at all likely | 2 | 3 | 4 - Moderately likely | 5 | 6 | 7 - Extremely likely

How likely is it that you would experience some positive consequence if you were to engage in these activities?

Grabbing, pushing, or shoving someone

1 - Not at all likely | 2 | 3 | 4 - Moderately likely | 5 | 6 | 7 - Extremely likely

How likely is it that you would experience some positive consequence if you were to engage in these activities?

Leaving a social event with someone I have just met

1 - Not at all likely | 2 | 3 | 4 - Moderately likely | 5 | 6 | 7 - Extremely likely

How likely is it that you would experience some positive consequence if you were to engage in these activities?

Driving after drinking alcohol

1 - Not at all likely | 2 | 3 | 4 - Moderately likely | 5 | 6 | 7 - Extremely likely

Scoring & interpretation

Each risky situation is rated on several dimensions: likelihood of engagement, anticipated frequency, positive/negative expectancies, and risk appraisal. Scores are calculated separately for each dimension and analyzed to identify the individual's cognitive profile regarding risk-taking.