

36-item version of the Protective Behavioral Strategies for Marijuana Scale (PBSM-36)

		Never	Rarely	Occasionally	Sometimes	Usually	Always
	<i>Please indicate the degree to which you engage in the following behaviors when using marijuana/cannabis.</i>						
1	Use marijuana only among trusted peers	1	2	3	4	5	6
2	Avoid use while spending time with family	1	2	3	4	5	6
3	Avoid using marijuana before work or school	1	2	3	4	5	6
4	Avoid using marijuana to cope with emotions such as sadness or depression	1	2	3	4	5	6
5	Do not keep marijuana in the car, whether as a driver or passenger	1	2	3	4	5	6
6	Avoid bringing marijuana into events or venues where you are likely to be searched	1	2	3	4	5	6
7	Limit use to weekends	1	2	3	4	5	6
8	Avoid driving a car after using	1	2	3	4	5	6
9	Only purchase marijuana from a trusted source	1	2	3	4	5	6
10	Avoid using marijuana habitually (that is, every day or multiple times a week)	1	2	3	4	5	6
11	Avoid using marijuana early in the day	1	2	3	4	5	6
12	Keep track of your costs to get an accurate picture of how much you spend on marijuana	1	2	3	4	5	6
13	Avoid using marijuana for several days in advance of a big test, interview, performance, or other engagement for which you need to be crisp and are being evaluated	1	2	3	4	5	6
14	Use a little and then wait to see how you feel before using more	1	2	3	4	5	6
15	Avoid buying marijuana	1	2	3	4	5	6
16	Avoid mixing marijuana with other drugs	1	2	3	4	5	6
17	Only use at night (that is, not during the day)	1	2	3	4	5	6
18	Stop using marijuana if you become anxious or paranoid	1	2	3	4	5	6
19	Avoid using marijuana in public places	1	2	3	4	5	6
20	Take periodic breaks if it feels like you are using marijuana too frequently	1	2	3	4	5	6
21	Buy less marijuana at a time so you smoke less	1	2	3	4	5	6
22	Avoid situations that you anticipate being pressured to use marijuana	1	2	3	4	5	6

23	Only use when you know you have nothing important to do for the rest of the day/night	1	2	3	4	5	6
24	Have a set amount of “times” you take a hit (e.g., passing on a shared joint if you have already hit that limit)	1	2	3	4	5	6
25	Avoid using marijuana out of boredom	1	2	3	4	5	6
26	Avoid methods of using marijuana that can make you more intoxicated than you would like (e.g., using large bong, volcano, ‘edibles,’ etc.)	1	2	3	4	5	6
27	Pass on shared joints, bong, etc. if already feeling high	1	2	3	4	5	6
28	Only use one time during a day/night	1	2	3	4	5	6
29	Avoid using marijuana in large gatherings or crowds	1	2	3	4	5	6
30	Limit the amount of marijuana you smoke in one sitting	1	2	3	4	5	6
31	If attending a party or going out to a social event (e.g., bar), decide in advance whether you want to use marijuana or not	1	2	3	4	5	6
32	Avoid using when feeling anxious (e.g., using to calm you down or stop worrying)	1	2	3	4	5	6
33	Avoid using marijuana in concentrated forms (e.g., hashish, hashish/honey oil, kief, marijuana butter/oil, etc.) to avoid getting too high	1	2	3	4	5	6
34	To decrease tolerance, take a break for a week or two, or take longer breaks than usual between use	1	2	3	4	5	6
35	Use enough only to achieve a slight buzz or to avoid getting “too high”	1	2	3	4	5	6
36	Avoid using marijuana before engaging in physical activity (i.e., exercise, hiking)	1	2	3	4	5	6

Source: Pedersen, E. R., Huang, W., Dvorak, R. D., Prince, M., Hummer, J. F., & Marijuana Outcomes Study Team. (2017). The Protective Behavioral Strategies for Marijuana Scale: Further examination using Item Response Theory. *Psychology of Addictive Behaviors, 31*, 548-559.

Further reading: Pedersen, E. R., Hummer, J. F., Rinker, D. V., Traylor, Z. K., & Neighbors, C. (2016). Measuring protective behavioral strategies for marijuana use among young adults. *Journal of Studies on Alcohol and Drugs, 77*, 441–450.