## Drug Abuse and Addiction Test - Based on DSM Criteria

| Have you experienced any the following negative consequences?  | No (0) | Yes (1) |
|--|--------|---------|
| 1. Do you sometimes have <b>difficulty controlling</b> how much you use or for how long you use drugs?   |        |         |
| 2. Have you made <b>unsuccessful attempts</b> to cut down your drug use?   |        |         |
| 3. Do you sometimes spend a <b>significant amount of time</b> using or recovering from your drug use?  |        |         |
| 4. Has your drug use had any <b>negative consequences</b> at home, school, or work? (Have you ever lost time off work because of your drug use?)                                   |        |         |
| 5. Has your drug use had any <b>negative consequences</b> to your relationships or social life? (Have you ever concealed how much you use? Has anyone ever commented on your use?) |        |         |
| 6. Have you <b>continued to use</b> despite any negative consequences?   |        |         |
| 7. Have you <b>put off things</b> or neglected to do things because of your drug use? (Have you ever disappointed your family or friends? Have you ever missed a family event?)    |        |         |
| 8. Do you occasionally have strong <b>cravings</b> for drugs?  |        |         |
| 9. Has your <b>tolerance</b> for drugs increased? Are you able to use more than you did before?  |        |         |
| 10. Have you experienced <b>withdrawal symptoms</b> the next day after using drugs? (Have you ever been shaky or sweaty that evening or the next day?)                             |        |         |
| 11. Has your drug use led to any <b>dangerous situations?</b> (Have you ever been charged with impaired driving?)  |        |         |

## Your Score:

2-3 = Mild substance abuse; 4-5 = Moderate substance abuse; 6 or more = Severe substance abuse.

No single test is completely accurate. You should always consult your physician when making decisions about your health.

## Reference

American Psychiatric Association, *DSM-5 The Diagnostic and Statistical Manual of Mental Disorders*. 5 ed, ed. D. Kupfer: American Psychiatric Association.

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