

F The Australian Psychological Society (APS) Substance Use Test ¹

Are drugs and alcohol a problem for you? Find out by completing the following test. Rate yourself by adding up your score.

To score: 1. A score of between 3 and 5 indicates you have some concerns that you might want to follow-up. 2. A score of 6 or above may indicate a serious substance use problem that needs addressing.

1. Do you ever think your substance use is out of control?

- (0) Never or almost never
- (1) Sometimes
- (2) Often
- (3) Always or nearly always

2. Does the prospect of missing a shot/snort/fix make you very anxious or worried?

- (0) Never or almost never
- (1) Sometimes
- (2) Often
- (3) Always or nearly always

3. How much do you worry about your use of drugs or alcohol?

- (0) Not at all
- (1) A little
- (2) Quite a lot
- (3) A great deal

4. Do you wish you could stop?

- (0) Never or almost never
- (1) Sometimes
- (2) Often
- (3) Always or nearly always

5. How difficult do you find it to stop or go without drugs or alcohol?

- (0) Not difficult
- (1) Quite difficult
- (2) Very difficult
- (3) Impossible

This test is not intended to diagnose a substance use problem, but to get you to think about some of the issues associated with your substance use. If you think you may have a problem, it could be useful to speak with a psychologist who specialises in alcohol and other drug use issues. They can help you to work out where you are having problems making changes and help you to develop strategies that are relevant to you.

Call the APS Referral Service on 1800 333 497 or speak with your local GP. The above test is the Severity Dependence Scale developed to measure the degree of dependence on a variety of drugs. The test was developed by Miele, Carpenter, Cockerham, Trautman, Blaine, & Hasin (2000).

¹ Media Release, 26 June 2003 Australian Psychological Society.

[http://www.psychology.org.au/news/media_releases/10.1_75.asp downloaded 19th May 2006.]