

SUBSTANCE ABUSE AND SUBSTANCE USE DISORDER CHECKLIST

This checklist is designed as a measure of disorder symptomatology. The results must be interpreted in the context of an individual's circumstances and as such should be used only in combination with a comprehensive medical and clinical assessment. It is **NOT** a stand-alone diagnostic tool.

- Substance taken in larger amounts over a longer period than originally intended
- Persistent desire or unsuccessful efforts to cut down or control substance use
- Great deal of time spent obtaining, using or recovering from using, the substance
- Craving, or strong desire to use, the substance
- Recurrent substance use resulting in failure to fulfil major role obligations at work, school or home
- Continued substance use despite it repeatedly causing or exacerbating interpersonal problems
- Giving up or reducing important social, school, work or recreational activities due to the substance use
- Recurrent substance use in situations where it is physically dangerous to use
- Continuing to use the substance despite the knowledge that it is repeatedly causing or exacerbating physical or psychological problems
- Tolerance (needing more and more of the substance to produce the same effect OR having a reduced effect from using the same amount of the substance)
- Withdrawal symptoms that can be alleviated by using the substance (these symptoms vary for each substance)

If a patient meets **at least 2** of the above criteria with a **1 year period**, there is an increased chance that they are engaging in **Substance Abuse** or that they are experiencing a **Substance Use Disorder**.

In this case, it is recommended that they be referred to a psychologist for a more comprehensive assessment. To book an appointment with a psychologist, contact Strategic Psychology at **strategicpsychology.com.au**.

Reference: