

OFFICE USE ONLY

Name: _____

Date: _____

SDS Score: _____

B3: 1 Early Recognition
and Screening HO2

Severity of Dependence Scales (SDS)

This questionnaire will assist your GP to identify ways of meeting your needs about a drug which may be causing you some concern.

Circle the answer that best applies to how you have felt about your use of over the last twelve months.

1. Did you ever think your use of(drug) was out of control?

<i>Never or almost never</i>	0
<i>Sometimes</i>	1
<i>Often</i>	2
<i>Always</i>	3

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

<i>Never or almost never</i>	0
<i>Sometimes</i>	1
<i>Often</i>	2
<i>Always</i>	3

3. How much did you worry about your use of the drug?

<i>Not at all</i>	0
<i>A little</i>	1
<i>Often</i>	2
<i>Always or nearly always</i>	3

4. Did you wish you could stop?

<i>Never or almost never</i>	0
<i>Sometimes</i>	1
<i>Often</i>	2
<i>Always</i>	3

5. How difficult would you find it to stop or go without(drug)?

<i>Not difficult at all</i>	0
<i>Quite difficult</i>	1
<i>Very difficult</i>	2
<i>Impossible</i>	3

SCORE_____

SDS: Interpretation of Scores

Originally developed for assessing psychological dependence on heroin, studies have indicated that the SDS is a valuable tool for assessing psychological dependence on other illicit drugs. The research to date, has suggested cut-offs for measuring psychological dependence on various illicit drugs, as indicated below.



For further information on the development and interpretation of the SDS see:
Gossop, M., Darke, S., Griffiths, P., Hando, J., Powis, B., Hall, W. & Strang, J. 1995, 'The Severity of Dependence Scale (SDS): Psychometric Properties of the SDS in English and Australian Samples of Heroin, Cocaine and Amphetamine Users', *Addiction*, vol. 90, pp. 607–614, and,
Dawe, S., Loxton, N., Hides, L., Kavanagh, D., & Mattick, R. 2002, *Review of diagnostic screening instruments for alcohol and other drug use and other psychiatric disorders 2nd Edition* Commonwealth Department of Health and Ageing, Canberra

Readiness and Confidence to Change Scales

The scores obtained from the questions below may be incorporated into the overall history, and may provide some indication of the patient's willingness and confidence to change.

Readiness to Change

Do you want to change your use of (drug) right now?

<i>No</i>	0
<i>Probably not</i>	1
<i>Unsure</i>	2
<i>Possibly</i>	3
<i>Definitely</i>	4

Confidence to Change

Do you think you could change your use of (drug) now if you wanted to?

<i>Definitely could not</i>	0
<i>Probably could not</i>	1
<i>Unsure</i>	2
<i>Probably could</i>	3
<i>Definitely could</i>	4

Source: Alcohol and Drug Training and Research Unit (ADTRU), Queensland Divisions of General Practice and Department of Psychiatry, University of Queensland, 2002, *Training package for medical practitioners in the effective identification and treatment of pharmaceutical and illicit drug problems*. ADTRU, Brisbane.