

Drug Use Self-Assessment

“19.5 million Americans (8.2 % of the population) aged 12 or older were current users of an illicit drug in 2003.”

Substance Abuse and Mental Health Services Administration

The following questions assess your use of drugs **not including alcoholic beverages** during the past 12 months. Please read each statement and decide if your answer is “Yes” or “No.”

In the statements “drug abuse” could refer to the following:

- (1) The use of prescribed or over-the-counter drugs in excess of the directions or without a doctor’s prescription in your name
- (2) Any non-medical use of drugs. Remember that the questions do not include alcoholic beverages.

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| 1. Have you used drugs other than those required for medical reasons? | Yes | No |
| 2. Do you abuse more than one drug at a time? | Yes | No |
| 3. Do you ever feel bad or guilty about your drug use? | Yes | No |
| 4. Have you attempted to stop using drugs? | Yes | No |
| 5. Has there been a time when you couldn’t remember what happened while using drugs? | Yes | No |
| 6. Has anyone close to you ever complained about your involvement with drugs? | Yes | No |
| 7. Has your drug use interfered with your work or school performance? | Yes | No |
| 8. Have you engaged in illegal activities in order to obtain drugs? | Yes | No |
| 9. Have you increased your use of drugs to get the same effect? | Yes | No |
| 10. Have you ever experienced withdrawal symptoms (felt sick) when you stopped taking drugs? | Yes | No |

Scoring your self assessment

Total Score _____

Yes = 1

No = 0

Score:

- 0-1 You or someone you care about currently doesn't show significant signs of drug abuse. However, any use of illegal drugs is a concern. If you have questions related to drug use, or want additional information, please contact your EAP
- 2-5 You show some significant signs of problems with drug use. If your drug use is interfering with your life at home or at work, you need to consider making changes in your life. Please call your EAP for confidential assistance.
- 6-10 Your drug use has become a serious problem and is likely to interfere with your daily life. This doesn't have to continue. Call your EAP anytime, 24/7, for assistance in finding ways to deal with your drug use.

Helpful Links:

[American Council for Drug Education](#)

[National Institute on Drug Abuse](#)

[Substance Abuse and Mental Health Services Administration](#)

[Narcotics Anonymous](#)

Recommended Reading:

Kuhn, Cynthia. (2003) [Buzzed: The Straight Facts about the Most Used and Abused Drugs from Alcohol to Ecstasy](#). W. W. Norton & Company.

Johnson, Vernon. (1980) [I'll Quit Tomorrow](#). Harper & Row.

Rosellini, Gayle, & Worden, Mike. (1997, 2nd Edition) [Of Course You're Angry: A Guide to Dealing with the Emotions of Substance Abuse](#). Hazelden.

**For Confidential Assistance
800-327-5071
Or contact us online**