

A SUBSTANCE USE DISORDER SELF-CHECK

It can be hard to know if you have a SUD, or if you're at risk of developing one.
OARS can help you figure that out.

STEP #1

DO YOU HAVE A PROBLEM WITH ANY OF THESE SUBSTANCES?

Think about your relationship with these substances. Have any of them ever had a negative effect on your life?
If so, please take the quiz below.

- Alcohol
- Caffeine
- Cannabis
- Hallucinogens (PCP or LSD)
- Inhalants (glue, paint thinner)
- Opioids (prescribed painkillers, heroin)
- Sedatives, Hypnotics (sleeping pills),
Anxiolytics (Xanax or Valium)
- Stimulants (meth, amphetamines,
cocaine)
- Tobacco
- Gambling (not substance-related)

STEP #2

TAKE THE SUD QUIZ

Answer these 11 questions as honestly as you can. When you've completed the quiz, give yourself
one POINT for every YES. Add up your points, then record your score in the space provided.

1. Do you regularly take any of the above substances
in larger amounts, or for longer than you should?

YES

NO

2. Do you want to cut down or stop using the
substance, but can't?

YES

NO

3. Are you spending a lot of time getting, using,
or recovering from the substance?

YES

NO

4. Do you get cravings and urges to use the substance?

YES

NO

5. Are you unable to accomplish things at work, home,
or school because of substance use?

YES

NO

6. Are you continuing to use, even when it causes
problems in your relationships?

YES

NO

7. Are you giving up important social, occupational,
or recreational activities because of substance use?

YES

NO

8. Are you using substances again and again, even when
it puts you in danger?

YES

NO

9. Are you continuing to use, even though you know you
have a physical or psychological problem that could
have been caused or made worse by the substance?

YES

NO

10. Do you need more of the substance to get the effect
(the high) that you want?

YES

NO

11. Are you developing withdrawal symptoms and relieving
them by take more of the substance?

YES

NO

STEP #3

FIND OUT WHAT YOUR SCORE MEANS

Your score matters. Share your results with one of our providers, so that we can customize a recovery plan for you.

- 1 - 4 POINTS: You have a **MILD** substance use disorder
- 5 - 7 POINTS: You have a **MODERATE** substance use disorder
- 8 - 11 POINTS: You have a **SEVERE** substance use disorder

MY TOTAL POINTS