

Severity of Dependence Scale (SDS)

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

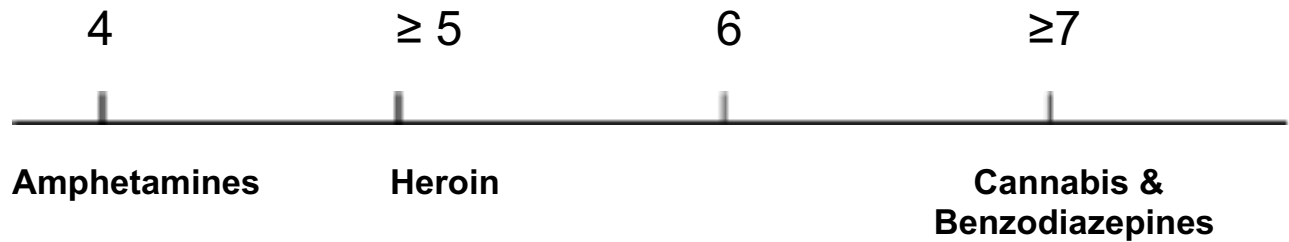
	Never/ Almost Never	Sometimes	Often	Always/ Nearly Always
Do you think your use of (substance) was out of control?	0	1	2	3
Did the prospect of missing a fix, shot or dose make you feel anxious or worried?	0	1	2	3
Did you worry about your use of (substance)?	0	1	2	3
Did you wish you could stop?	0	1	2	3

	Not Difficult	Quite Difficult	Very Difficult	Impossible
How difficult did you find it to stop or go without (substance)?	0	1	2	3

SDS total _____

SDS: Interpretation of Scores

The SDS is a valuable tool for assessing psychological dependence on drugs that have the potential for abuse. Place your score on the scale below.



The numbers above the scale are the suggested cut-offs for measuring psychological dependence on various drugs.