

# I Want to Change My Life

Mental Health Information for Individuals, Families and Professionals

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## Drug Abuse and Addiction Test - Based on DSM Criteria

Have you experienced any the following negative consequences?	No (0)	Yes (1)
1. Do you sometimes have <b>difficulty controlling</b> how much you use or for how long you use drugs?		
2. Have you made <b>unsuccessful attempts</b> to cut down your drug use?		
3. Do you sometimes spend a <b>significant amount of time</b> using or recovering from your drug use?		
4. Has your drug use had any <b>negative consequences</b> at home, school, or work? (Have you ever lost time off work because of your drug use?)		
5. Has your drug use had any <b>negative consequences</b> to your relationships or social life? (Have you ever concealed how much you use? Has anyone ever commented on your use?)		
6. Have you <b>continued to use</b> despite any negative consequences?		
7. Have you <b>put off things</b> or neglected to do things because of your drug use? (Have you ever disappointed your family or friends? Have you ever missed a family event?)		

8. Do you occasionally have strong <b>cravings</b> for drugs?		
9. Has your <b>tolerance</b> for drugs increased? Are you able to use more than you did before?		
10. Have you experienced <b>withdrawal symptoms</b> the next day after using drugs? (Have you ever been shaky or sweaty that evening or the next day?)		
11. Has your drug use led to any <b>dangerous situations</b> ? (Have you ever been charged with impaired driving?)		

**Your Score:**

2-3 = Mild substance abuse; 4-5 = Moderate substance abuse; 6 or more = Severe substance abuse.

No single test is completely accurate. You should always consult your physician when making decisions about your health.

**Reference**

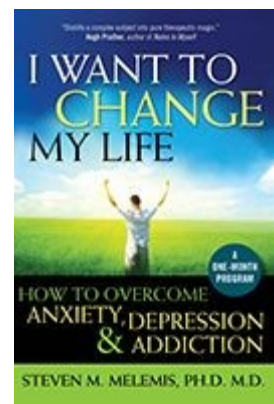
American Psychiatric Association, *DSM-5 The Diagnostic and Statistical Manual of Mental Disorders. 5 ed*, ed. D. Kupfer: American Psychiatric Association.

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Reference: "I Want to Change My Life" by Dr. S. Melemis.  
[www.IWantToChangeMyLife.org](http://www.IWantToChangeMyLife.org)

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