

## severity of dependence scale (sds)

Over the last 3 months:

- 1. Did you ever think your use of cannabis was out of control?**  
Never or almost never  0  
Sometimes  1  
Often  2  
Always or nearly always  3
- 2. Did the prospect of missing a smoke make you very anxious or worried?**  
Never or almost never  0  
Sometimes  1  
Often  2  
Always or nearly always  3
- 3. Did you worry about your use of cannabis?**  
Not at all  0  
A little  1  
Quite a lot  2  
A great deal  3
- 4. Did you wish you could stop?**  
Never or almost never  0  
Sometimes  1  
Often  2  
Always or nearly always  3
- 5. How difficult would you find it to stop or go without?**  
Not difficult  0  
Quite difficult  1  
Very difficult  2  
Impossible  3

**sds score** \_\_\_\_\_ / 15

(NB) Please note there are two cut-off scores: one for adults; SDS score of 3 and the other for adolescents; SDS score of 4.

**Swift, W., Copeland, J. & Hall, W.** (1998). Choosing a diagnostic cut-off for cannabis dependence. *Addiction* 93, 1681-1692.

**Martin, G., Copeland, J., Gates, P., & Gilmore, S.** (2006). The Severity of Dependence Scale (SDS) in an adolescent population of cannabis users: Reliability, validity and diagnostic cut-off. *Drug and Alcohol Dependence* 83, 90-93.