timeline followback


Please read over this document carefully before filling it in. This first page is to help you get familiar with describing your cannabis use. Pages 1 and 2 provide you with detailed instructions on how to complete the calendar on Page 2. The information you provide on the calendar will help us get an idea of what your cannabis use is like.

To begin, please fill in or circle the correct response.

I typically buy (number of grams) per week / fortnight / month / other (circle one option). (fill in blank if other)

This typically costs $ (fill in blank). I typically smoke (fill in blank) SCU per day. On the days that I use cannabis, I am high/stoned for approximately (fill in blank) hours. The amount of tobacco or other herbs I mix in with my cannabis is approximately (fill in blank).

(enter a percentage from 0-100)

calendar instructions

1. Start by marking events on the calendar that fell within this time frame. Some of these might include: Birthdays, appointments, sports events, paydays, church, cannabis purchase, and stressful situations. Write the event on the calendar on the day it occurred.

2. Thinking about the events in your life that are written on the calendar, what is the longest number of days you went without smoking at all, not even once? How many days? When did that occur? Mark cannabis free days on the calendar by writing 0 on those days.

3. Now, think about your typical pattern of use (if you have one). Start with weekdays. What time of day do you start smoking and when do you stop? How many joints/cones would that be? You stated above how you use cannabis, so just mark on the calendar what you had based on the terms used in the chart on Page 1. Now do the same for weekends. Use the events on your calendar as a memory aid.

4. Now think about different than average days. What happened to make your cannabis use different? Mark on the calendar, in SCU (standard cannabis units), how much cannabis you used on these days.

Quantity Chart

These figures are to be used when completing the calendar.

1 Standard Cannabis Unit (SCU) = ¼ gram
1 paper joint/blunt = 1 SCU
1 skinny paper joint/blunt = ½ SCU
1 cone/water pipe/bong/bucket bong = ⅓ SCU

This table is for individuals who use ounces to describe their cannabis use

Conversion between grams and ounces

3.5 grams = ¼ ounce
7 grams = ⅛ ounce
14 grams = ½ ounce
28 grams = 1 ounce
5. When you have completed the calendar, each day should contain a response about whether you used cannabis, and how much you used. Although we want you to complete the calendar as accurately as possible, we realise that it is hard for anyone to recall things perfectly. So, if you’re not exactly sure whether something happened on a Monday or a Thursday of a certain week, just give it your best guess. Or if you can’t remember whether you had 2 or 4 joints, choose the middle of the range. The important thing is that 2 to 4 joints is very different than 6 to 8 joints.

example:

<table>
<thead>
<tr>
<th>monday</th>
<th>tuesday</th>
<th>wednesday</th>
<th>thursday</th>
<th>friday</th>
<th>saturday</th>
<th>sunday</th>
</tr>
</thead>
<tbody>
<tr>
<td>Aus Day</td>
<td>Got manual</td>
<td></td>
<td>Jim’s 50th</td>
<td>Shopping</td>
<td>Got pot</td>
<td>2 SCU</td>
</tr>
<tr>
<td>1 SCU</td>
<td>0</td>
<td>2.5 SCU</td>
<td>4 SCU</td>
<td>3 SCU</td>
<td>4 SCU</td>
<td>2 SCU</td>
</tr>
</tbody>
</table>

Start Date: ____________________________

\[(day/month/year)\]

<table>
<thead>
<tr>
<th>monday</th>
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<th>thursday</th>
<th>friday</th>
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</table>

How confident are you in reporting your cannabis use in the above calendar? __________ %

\[(Enter \, a \, percentage \, from \, 0-100)\]

If less than 100% confident, please let us know if you think there is a way we can revise this measure to improve your reporting of cannabis use. __________________________________________