

timeline followback

Adapted from **Sobell, L.C. & Sobell, M.B.** (1996). Timeline Followback. A calendar method for assessing alcohol and drug use. *Addiction Research Foundation, Toronto, Ontario*. This method of quantifying cannabis use is based on the best evidence available and is currently being subject to psychometric testing at NCPIC.

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.



Quantity Chart	
These figures are to be used when completing the calendar	
1 Standard Cannabis Unit (SCU) =	1/4 gram
1 paper joint/blunt =	1 SCU
1 skinny paper joint/blunt =	1/2 SCU
1 cone/water pipe/bong/bucket bong =	1/3 SCU

This table is for individuals who use ounces to describe their cannabis use	
Conversion between grams and ounces	
3.5 grams =	1/8 ounce
7 grams =	1/4 ounce
14 grams =	1/2 ounce
28 grams =	1 ounce

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

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

This typically costs \$ _____. I typically smoke _____ SCU per day. On the days that I use
(fill in blank) (fill in blank)

cannabis, I am high/stoned for approximately _____ hours. The amount of tobacco or other herbs I
(fill in blank)

mix in with my cannabis is approximately _____.
(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, payday, 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.

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:

monday	tuesday	wednesday	thursday	friday	saturday	sunday
<i>Aus Day 1 SCU</i>	<i>Got manual 0</i>	<i>2.5 SCU</i>	<i>Jim's 50th 4 SCU</i>	<i>Shopping 3 SCU</i>	<i>Got pot 4 SCU</i>	<i>2 SCU</i>

Start Date: _____
(day/month/year)

monday	tuesday	wednesday	thursday	friday	saturday	sunday

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. _____