

Appendix 7

The Leeds Dependence Questionnaire

A ten-item self-completion questionnaire designed to measure the severity of dependence on any drug including alcohol

In answering this questionnaire

- *think about the last week*
- *think about your main substance groups, please specify . . .*
- *tick the answer that is most appropriate to you*

<i>Never</i>	<i>Sometimes</i>	<i>Often</i>	<i>Nearly always</i>
(0)	(1)	(2)	(3)

- (1) Do you find yourself thinking about when you will next be able to have another drink or take drugs?
- (2) Is drinking or taking drugs more important than anything else you might do during the day?
- (3) Do you feel your need for drink or drugs is too strong to control?
- (4) Do you plan your days around getting and taking drink or drugs?
- (5) Do you drink or take drugs in a particular way in order to increase the effect it gives you?
- (6) Do you drink or take drugs morning, afternoon and evening?
- (7) Do you feel you have to carry on drinking or taking drugs once you have started?
- (8) Is it getting the effect you want more important than the particular drink or drug you use?

(9) Do you want to take more drink or drugs when the effect starts to wear off?

(10) Do you find it difficult to cope with life without drink or drugs?

As can be seen answers to the ten questions are rated by scores of 0–3 giving a maximum score of 30. There is no specific cut-off points for low, moderate or severe dependence. Instead users of the scale are encouraged to view it as a continuum. However a score of 20 or more approximates to a score for severe dependence.

(From Raistrick, D., Bradshaw, J., Tober, G., *et al.* (1994) Development of the Leeds Dependence Questionnaire (LDQ): a questionnaire to measure alcohol and opiate dependence in the context of a treatment evaluation package. *Addiction*, **89**, 563–72. With permission from Blackwell Publishing.)