

**REASONS FOR
SUBSTANCE USE SCALE**

UR Number: _____

Surname: _____

Given Name: _____

Date of Birth: ____/____/____ Sex: M / F

Affix Hospital ID Label If Available

Which substance do you use the most, or causes the most concern for you?

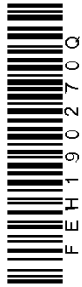
(Please specify): _____

Considering your current use of that substance, how often do you use it for the following reasons?
(For each reason ↴, please ✓ a box that best-fits ⇨)

		Almost never / Never	Some of the time	Half of the time	Most of the time	Almost always / Always	Scoring / Tallying Columns				
							A	B	C	D	E
1	To relieve boredom	1	2	3	4	5			C		
2	To make it easier to sleep	1	2	3	4	5			C		
3	To slow down racing thoughts	1	2	3	4	5			C		
4	To be sociable	1	2	3	4	5					E
5	To relax	1	2	3	4	5			C		
6	To be part of a group	1	2	3	4	5		B			
7	To get high	1	2	3	4	5					D
8	To decrease suspiciousness / paranoia	1	2	3	4	5	A				
9	To forget your worries	1	2	3	4	5			C		
10	Because it's fun	1	2	3	4	5					D
11	To reduce side effects of medication	1	2	3	4	5	A				
12	Because it makes a social gathering more enjoyable	1	2	3	4	5					E
13	To help you talk to others	1	2	3	4	5		B			
14	To get away from the voices	1	2	3	4	5	A				
15	Because you feel more self-confident and sure of yourself	1	2	3	4	5			C		
16	Because it helps when you feel nervous	1	2	3	4	5			C		
17	Because it's what most of your friends do when you get together	1	2	3	4	5					E
18	As a way to celebrate	1	2	3	4	5					E
19	To decrease restlessness	1	2	3	4	5			C		
20	To help you concentrate	1	2	3	4	5			C		
21	Because your friends pressure you to do it	1	2	3	4	5		B			
22	To be liked	1	2	3	4	5		B			
23	So you won't feel left out	1	2	3	4	5		B			
24	It helps when you feel depressed	1	2	3	4	5			C		
25	To feel more motivated	1	2	3	4	5			C		
26	Because it makes you feel good	1	2	3	4	5					D
27	Other reason (Please specify): _____	1	2	3	4	5					N/A
A	TOTAL (Qn's 8 + 11 + 14) Factor A =						A =				
B	TOTAL (Qn's 6 + 13 + 21 + 22 + 23) Factor B =						B =				
C	TOTAL (Qn's 1 + 2 + 3 + 5 + 9 + 15 + 16 + 19 + 20 + 24 + 25) Factor C =						C =				
D	TOTAL (Qn's 7 + 10 + 26) Factor D =						D =				
E	TOTAL (Qn's 4 + 12 + 17 + 18) Factor E =						E =				

Please Turn Over...

Signature: _____ Name (please print): _____ Designation: _____ Date: _____



Adapted from Spencer, Castle, & Michie (2002);
Based on the DMQ by Cooper (1994).

Revised Month Year



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Scale Ranges:	Never / Almost Never	Some of the time	Half of the time	Most of the time	Almost Always / Always
Factor A Score ↓	A = Coping with Positive Symptoms and Medication Side Effects				
A =					
Factor B Score ↓	B = Conformity / Acceptance				
B =					
Factor C Score ↓	C = Coping with Unpleasant Affect				
C =					
Factor D Score ↓	D = Enhancement				
D =					
Factor E Score ↓	E = Social Use				
E =					
Scale Ranges:	Never / Almost Never	Some of the time	Half of the time	Most of the time	Almost Always / Always

A = Coping with Positive Symptoms and Medication Side Effects:

This sub-scale acknowledges that substance use can be undertaken as a way of managing suspiciousness and paranoia, or to get away from distressing voices. It is also sometimes used to manage unwanted side effects of psychiatric medications.

B = Conformity / Acceptance:

Substance use in this category reflects peer pressure, and the need to be liked or be part of a group.

C = Coping with Unpleasant Affect:

This reason suggests that substance use is a way of dealing with depression, anxiety, insomnia, boredom and general distress. It is also a way of improving concentration and self-confidence.

D = Enhancement:

This motive reflects substance use as a way of getting high, having fun and feeling good.

E = Social Use:

Substance use is undertaken as a way of celebrating, to make social gatherings more enjoyable and as an activity that is sociable.

Signature:	Name (please print):	Designation:	Date:
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REASONS FOR SUBSTANCE USE SCALE EH 190270

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