## 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

Never	Sometimes	Often	Nearly always
(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?

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- (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.)