

Brief Addiction Symptom Checker: Identify Potential Signs of Addiction

This tool helps you understand if you or someone you know might be showing signs of addiction. Please note that this is not a diagnosis. For a professional evaluation, consult a healthcare provider.

1. Have you noticed an increased tolerance to the substance or activity?

☐ Yes

☐ No

☐ Unsure

2. Do you spend a lot of time thinking about or engaging in the substance/activity?

☐ Yes

☐ No

☐ Unsure

3. Have you tried to cut down or stop but couldn't?

☐ Yes

☐ No

☐ Unsure

4. Do you neglect responsibilities because of the substance/activity?

☐ Yes

☐ No

☐ Unsure

5. Do you experience withdrawal symptoms when not using the substance or engaging in the activity?

☐ Yes

☐ No

☐ Unsure

EARLY WARNING SIGNS

☐ INCREASED TOLERANCE

☐ PREOCCUPATION

INTERMEDIATE SYMPTOMS

☐ NEGLECTING RESPONSIBILITIES

ADVANCED SYMPTOMS

☐ PHYSICAL HEALTH DECLINE

SEVERE INDICATORS

☐ LOSS OF CONTROL

Scoring System

- **Low Score: 0-1 checked boxes**

- A low score generally indicates that the user is experiencing few, if any, symptoms related to substance use disorders. This suggests that they may not be at significant risk for addiction, but it's still important to remain mindful of their behaviors.
- Your responses suggest that you're currently at a low risk for developing a substance use disorder. However, it's important to stay mindful of your habits and re-assess periodically, especially if you notice any changes. Maintaining healthy routines and educating yourself about addiction can help you continue making informed choices.

- **Medium Score: 2- 3 checked boxes**

- A medium score indicates that the user is experiencing some symptoms related to substance use, which could suggest an emerging issue that needs to be addressed. This score might reflect occasional misuse or risky behaviors that haven't yet led to full addiction but are concerning.
- Your responses indicate that you may be experiencing some symptoms related to substance use. While this doesn't necessarily mean you have an addiction, it's important to take these signs seriously. Consider speaking with a professional to explore your situation further. Making some adjustments now, like reducing your use or seeking support, can help prevent more serious issues down the road.

- **High Score: 4-5 checked boxes**

- A high score suggests significant symptoms of substance use disorder, indicating a strong likelihood that the user may be struggling with addiction or is at serious risk of developing one.
- Your responses suggest that you may be experiencing significant symptoms related to a substance use disorder. It's important to seek professional help as soon as possible to address these issues. You don't have to face this alone—reach out to a healthcare provider, counselor, or addiction specialist today. Immediate support can make a critical difference in your recovery journey. Please explore the resources provided in this eBook and consider involving trusted friends or family in your next steps.





Facilitation Instructions

The Brief Addiction Symptom Checker is a quick assessment tool designed to help clinicians and clients identify potential symptoms of addiction. It can serve as an initial screening tool to guide further discussion and evaluation.

- ***When to Use:***

- Use the Brief Addiction Symptom Checker during an early session, particularly if the client has not yet been formally assessed for addiction.
- It can also be used periodically throughout treatment to monitor changes in the client's symptoms and adjust the treatment plan accordingly.

- ***Preparation:***

- Familiarize yourself with the symptom checker's content and scoring before administering it to your client.

- ***Administering the Symptom Checker:***

- Explain to the client that the purpose of the Brief Addiction Symptom Checker is to help identify any potential signs of addiction they may be experiencing.
- Assure the client that this is a standard tool used to guide treatment and that their responses will help tailor their recovery plan to better meet their needs.
- Instruct the client to answer each question honestly and to the best of their ability. Explain that there are no right or wrong answers—just their personal experiences and feelings.

- ***Completion:***

- Allow the client enough time to complete the symptom checker without feeling rushed.
- If the client is completing the checker online, ensure they understand how to submit their responses once finished.

- ***Reviewing the Results:***

- Discuss any symptoms that were identified, focusing on areas where the client scored higher or expressed significant concern.

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- Help the client understand what their results might indicate. Explain that while the symptom checker is a helpful tool, it is not a diagnosis. Instead, it's a starting point for deeper exploration.
 - Relate the results to the client's current experiences and concerns. If certain symptoms seem particularly relevant, explore these in more detail during the session.
 - Discuss any immediate actions that may be necessary, such as referring the client for further assessment or considering a specific treatment modality based on the symptoms identified.
 - ***Follow up***
 - Encourage the client to continue reflecting on their symptoms and to bring up any new concerns in future sessions.