

## SEVERITY OF DEPENDENCE SCALE (SDS)

The following questions will help us rate the severity of your addiction(s). For each of the five questions, please indicate the most appropriate response, as it applied to your addiction(s) recently.

	Never/ Almost Never	Sometimes	Often	Always/ Nearly Always
1. Do you think your addiction(s) was/were out of control?	0	1	2	3
2. Did the prospect of missing a dose of the addiction(s) make you anxious or worried?	0	1	2	3
3. Did you worry about your addiction(s)?	0	1	2	3
4. Did you wish you could stop?	0	1	2	3
	Not Difficult	Quite Difficult	Very Difficult	Impossible
5. How difficult did you find it to stop or go without the addiction(s)?	0	1	2	3

Total: \_\_\_\_\_

The Severity of Dependence Scale (SDS) is a 5-item public domain questionnaire that provides a score indicating the severity of dependence on opioids. The present measure was closely based on this measure, with wording that is inclusive of other addiction(s). Each of the five items is scored on a 4-point scale (0-3). The total score is obtained through the addition of the 5-item ratings. The higher the score, the higher the level of dependence. The SDS takes less than a minute to complete.

### References

Gossop M, Darke S, Griffiths P, Hando J., Powis B., Hall W, Strang J (1995). The Severity of Dependence Scale (SDS): psychometric properties of the SDS in English and Australian samples of heroin, cocaine and amphetamine users. *Addiction*, 90(5):607-14.

Gossop M, Best D, Marsden J, Strang J (1997). Test-retest reliability of the Severity of Dependence Scale. *Addiction*, 92(3):353.

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