

Cannabis Self-Assessment

The Cannabis Use Disorder Identification Test – Revised (CUDIT-R)

Have you used any cannabis over the past six months? **YES / NO**

If **YES**, please answer the following questions about your cannabis use. Circle the response that is most correct for you in relation to your cannabis use over the past six months:

1.	How often do you use cannabis?				
	Never 0	Monthly or less 1	2-4 times a month 2	2-3 times a week 3	4 or more times a week 4
2.	How many hours were you “stoned” on a typical day when you had been using cannabis?				
	Less than 1 0	1 or 2 1	3 or 4 2	5 or 6 3	7 or more 4
3.	How often during the past 6 months did you find that you were not able to stop using cannabis once you had started?				
	Never 0	Less than monthly 1	Monthly 2	Weekly 3	Daily or almost daily 4
4.	How often during the past 6 months did you fail to do what was normally expected from you because of using cannabis?				
	Never 0	Less than monthly 1	Monthly 2	Weekly 3	Daily or almost daily 4
5.	How often in the past 6 months have you devoted a great deal of your time to getting, using, or recovering from cannabis?				
	Never 0	Less than monthly 1	Monthly 2	Weekly 3	Daily or almost daily 4
6.	How often in the past 6 months have you had a problem with your memory or concentration after using cannabis?				
	Never 0	Less than monthly 1	Monthly 2	Weekly 3	Daily or almost daily 4
7.	How often do you use cannabis in situations that could be physically hazardous, such as driving, operating machinery, or caring for children:				
	Never 0	Less than monthly 1	Monthly 2	Weekly 3	Daily or almost daily 4
8.	Have you ever thought about cutting down, or stopping, your use of cannabis?				
	Never 0	Yes, but not in the past 6 months 2		Yes, during the past 6 months 4	

Scores of 8 or more indicate hazardous cannabis use.

Scores of 12 or more indicate a possible cannabis use disorder, for which further intervention may be required.

If you have concerns or questions, please contact the UCSB Alcohol and Drug Program for a **free and confidential** appointment with one of our counselors. Additional resources about cannabis can be found on the Alcohol & Drug Program website. .

UCSB Alcohol and Drug Program
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