

Cannabis Use Disorder Worksheet

Quick Assessment Tool

(Based on DSM-5) Use Disorder requires meeting two or more criteria; increasing severity of use disorder with increasing number of criteria met:

Client Name _____

Date _____

Diagnostic Criteria	Met	N/A	Examples
Taken in larger amounts or over longer period of time than intended.			Increasing amount or frequency of use, especially when client reports increased feeling of "need" for use when not available.
Persistent desire or unsuccessful efforts to cut down or control.			Broken promises to self or others to reduce or limit use in terms of time, place, frequency, or situation.
Great deal of time spent in activities needed to obtain, use, or recover from drug's effects.			Preoccupation with use and supply, including opportunities for use, money to procure drug, hiding use from others, etc.
Craving or strong desire to use.			Use inventory to evaluate strength and frequency.*
Failure to fulfill major role obligations (work, home, or school).			Lapses in performance due to use, or decreased motivation, interest or desire in role obligations.
Continued use despite persistent or recurrent problems (social or interpersonal) caused or aggravated by cannabis use.			Continuing difficulties meeting social, familial, or relationship expectations possibly related to effects of use. Conflicts with others over frequency/ amount used, or impact of use on behavior.
Important social, recreation, or occupational functions given up/ reduced due to use.			Missed appointments, neglected responsibilities, erratic behavior, perhaps drawing criticism from others.
Recurrent use in situations where physically hazardous.			Driving/ operating machinery; memory/ cognition; other functions that may be adversely impacted.
Use continues despite knowing a persistent or recurrent physical or psychological problem is caused or aggravated.			Use despite warnings due to interaction with medications or substances; use despite advise by a health professional to abstain.
Tolerance: Need for markedly increased doses to achieve intoxication or desired effect; OR Markedly diminished effects despite use of usual amount (motivates increased use).			Pattern of increased consumption (amount, frequency) over extended period. Seeking out for more potent forms to achieve desired effect, including intoxication. Notice that earlier level dose no longer has desire impact.
Withdrawal: Characteristic withdrawal syndrome; OR Cannabis is used to relieve or avoid withdrawal symptoms.			Symptoms vary but may include anxiety, insomnia, irritability emotional upset, or panicky feelings in absence of cannabis or as an aftereffect following a period of use. Knowledge or belief that consuming more cannabis would provide direct relief from same, or prevent onset of symptoms.
TOTAL CRITERIA MET:			Mild: 2-3 met Moderate: 4-5 met Severe: 6 or more met

If in remission: Note if remission is *Early* (none of above criteria were met, except **craving**, for 3 months or more, but not to exceed 12 months) or *Sustained* (no criteria met except craving, for minimum of 12 months). Specify if remission occurred in *controlled environment* such as correctional institution, residential treatment or other setting where use is restricted.

* University of Washington Alcohol and Drug Abuse Institute Institute [Brief Substance Craving Scale](#) available online.