

Appendix 5

Severity of Dependence Scale (SDS)

During the past year:

- (1) Did you think your use of [named drug] was out of control?
- (2) Did the prospect of missing a fix (or dose) or not chasing make you anxious or worried?
- (3) Did you worry about your use of [named drug]?
- (4) Did you wish you could stop?
- (5) How difficult did you find it to stop, or go without [named drug]?

For questions 1–4 each item is scored on a four-point scale:

0 = never/almost never
1 = sometimes
2 = often
3 = always/nearly always

Question 5 is also scored on a four-point scale, but here:

0 = not difficult
1 = quite difficult
2 = very difficult
3 = impossible

The SDS has been validated to measure severity of dependence of opiate and stimulant users. A total SDS score is calculated. Higher scores indicate higher levels of dependence. It is primarily a measure of compulsive use, which is a central component of dependence. It does not measure tolerance, withdrawal or reinstatement.

(From Gossop, M., Darke, S., Griffiths, P., *et al.* (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**, 607–14. With permission from Blackwell Publishing.)