

The Leeds Dependence Questionnaire

On this page there are questions about the importance of alcohol and/or other drugs in your life.

Think about your drinking/other drug use in the last week and answer each question ticking the closest answer to how you see yourself.

	Never	Sometimes	Often	Nearly always
1. Do you find yourself thinking about when you will next be able to have another drink or take more drugs?				
2. Is drinking or taking drugs more important than anything else you might do during the day?				
3. Do you feel that your need for drink or drugs is too strong to control?				
4. Do you plan your days around getting and taking drink or drugs?				
5. Do you drink or take drugs in a particular way in order to increase the effect it gives you?				
6. Do you take drink or other drugs morning, afternoon and evening?				
7. Do you feel you have to carry on drinking or taking drugs once you have started?				
8. Is getting the effect you want more important than the particular drink or drug you use?				
9. Do you want to take more drink or drugs when the effect starts to wear off?				
10. Do you find it difficult to cope with life without drink or drugs?				