



Addiction and Lifestyles in Contemporary Europe: Reframing Addictions Project (ALICE RAP)

SUBAQUA: Substance Use and Behavioral Addictions – Questionnaire from Alice Rap

Work Package 5, milestone 11

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with support from the Alice Rap WP5 partners

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Participant organisations in ALICE RAP can be seen at <http://alicerap.eu/about-ALICE RAP/partner-institutions.html>

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1 Introduction

The final milestone of the ALICE-RAP – WP5: Counting Addiction aims at coming up with a comparative questionnaire for substance-related and non-substance-related addictions for Europe. As the report "ALICE-RAP: Counting Addiction" [1] has shown, there are large gaps in current estimates for substance dependence in Europe and estimates differ in various methodological aspects and the instruments used, making them barely comparable.

For this comparative questionnaire, we will draw on the work of several other European and other international projects, as this questionnaire should be, where possible, also comparative with existing epidemiological data, for example data from EMCDDA.

As shown by earlier works in ALICE-RAP, the concept of dependence and especially its measurement is troubled by a number of problems, making a comparative estimate for dependence in Europe difficult [2]. Measuring heavy use over time has been proposed to be a more valid and better comparative measure to estimate "problematic substance use". Therefore, the main focus of the proposed questionnaire will be the measurement of heavy use. This has also the advantage to result in a questionnaire of a manageable size, as a multi-substance questionnaire with dependence measures for each substance tends to be too long for general population surveys.

As there may be still a need for measures of "addiction" due to e.g. requests from governments or policy makers, we will, however, propose in a second section substance use disorder (SUD) or dependence, and screening measures for each substance. Additionally, research using these "dependence" and screening measures as well as research about their associations with heavy use may still be valuable. Thus, if dependence measures are used, they should be used in a comparable way across Europe.



2 Background variables

Indicator	Question Idea (note that this is not a final question wording)	Source/examples
Age	How old are you?	CIDI-screener (http://www.hcp.med.harvard.edu/wmhcid/ftplib_public/CAPV20Instrument/CAPV20V21.1.3/CAPV20V21.1.3_Screener.pdf), question SC1
Sex	Are you....? Male, female	CIDI
Marital status	Are you currently married/ common-law marriage, separated, divorced, widowed, or never married/common-law marriage?	CIDI.screener, questions SC3, SC3a Or Genacis: http://www.genacis.org Core questionnaire, questions 6a, 7
Education	What is the highest level of education you have completed?	Standard (to be adapted per country)
Income	Asks household income in 10 income groups (to be defined country wise) following the percentiles of income in each country. Note household composition needs to be asked.	World Value Survey Wave 5 http://www.worldvaluessurvey.org/WVSDocumentationWV5.jsp question V253
Height	How tall are you?	CIDI-screener; question SC4
Weight	How much do you weigh?	CIDI-screener; question SC5



3 Use measures

3.1 Tobacco

Indicator	Question Idea (note that this is not a final question wording)	Source/examples
Never smoker	Question separating ever from never user	Global Adult Tobacco Survey (GATS), more precisely GTSS (Global Tobacco Surveillance System), http://www.who.int/tobacco/surveillance/guide/en/ Questions 1, 2a, 2b
Optional: 100 cigarettes smoked lifetime	Smoked at least 100 cigarettes	http://www.cdc.gov/nchs/nhis/tobacco/tobacco_questions.htm
Ex-smoker	Logical derivation from questions on ever and current use	GTTS Questions 1, 2a, 2b
Current smoker prevalence	Question distinguishing between ever and current use	GTTS Questions 1, 2a, 2b
Filter: ex-smokers		
ex-smokers when stopped	How long has it been since you quit smoking (Past 12 months/longer than 12 months)	National Health Interview Survey (NHIS) http://www.cdc.gov/nchs/nhis/tobacco/tobacco_questions.htm Survey 1997 - onwards Question AHB.040 (note question to be asked not focused on cigarettes but smoking in general)
Filter: ex-smokers and current smokers		
Age at onset when started	When did you start to smoke fairly regular	National Health Interview Survey (NHIS) http://www.cdc.gov/nchs/nhis/tobacco/tobacco_questions.htm Survey 1997 - onwards Question AHB.020
Filter: smokers		
Daily/occasional smoking	Daily/occasional smoking	GTTS, http://www.who.int/tobacco/publications/surveillance/tqs/en/ Questions 1, 2a, 2b
products and amount smoked	Cigarettes (manufactured and hand-rolled, e-cigarettes (with nicotine), cigars, cigarillos, pipe, water-pipe, kreteks/bidies, e-cigarettes (per day for daily smokers per week for occasional smokers)	GTTS http://www.who.int/tobacco/publications/surveillance/tqs/en/ Questions Q3 Additional: e-cigarettes (with nicotine content)
Optional: products and amount used smokeless tobacco products	Snuff, snus, chewing tobacco	GTTS Questions Q4, Q5a, Q5b Additional question according to Q3 but for smokeless tobacco products.



3.2 Alcohol

Indicator	Question Idea (note that this is not a final question wording)	Source
Never drinker	How often did you drink beer, wine, spirits (e.g. vodka, gin, whisky, brandy) or any other alcoholic beverage in the past 12 months? With answer options "never in my life" and "I drank but not past 12 months" to "every day"	Standardized Measurement of Alcohol Related Troubles (SMART) Moskalewicz and Sieroslowski (2010) [3], see also http://www.alcsmart.ipin.edu.pl/ Question F1
Ex-drinker	See above	SMART; Question F1
12- month prevalence	See above	SMART; Question F1
Frequency of drinking	See above	SMART; Question F1
Filter: Ex- and current (12 months) drinkers		
Onset of drinking	Age when starting drinking, not counting sips or tates	National Epidemiologic Survey on Alcohol and Related Conditions (NESARC) questionnaire http://pubs.niaaa.nih.gov/publications/NESARC_DRM/NESARCDRM.htm#AbiE1 question q16a
Filter: drinkers		
Beverage specific quantity frequency	Beer: How often and how much? Wine: How often and how much? Spirits: How often and how much? Other local beverages: How often and how much?	SMART BSQF_1 – BSQF_8
RSOD (Binge drinking) frequency	Frequency of 60+g (48+ grams women) standard drinks per occasion? Regionally adapted to standard drinks (e.g., 12 g or 10 g drinks)	SMART Question RSOD_1 Adapted for women
Maximum quantity on any occasion in the past 12 months	What was the highest number of drinks on any occasion in the past 12 months	See recommendation NIAAA http://www.niaaa.nih.gov/research/guidelines-and-resources/recommended-alcohol-questions six item set: question 3
Filter: RSOD drinkers		
Usual time spent for an RSOD of exactly 60 (48) grams	During what time period (hours), would you usually drink five/four drinks on one occasion? Must be regionally adapted if standard drinks contain other than 12 g.	SMART Question RSOD_2
Usual quantity on a 60+ (48+) occasion	Usual number of standard glasses on 60+ (48+) occasion Note: people can drink more than exactly 60g (48 g)	Own development: When you drink 6 or more (5 or more (culturally and gender adapted) drinks, how many drinks do you usually drink on such an occasion?



3.4 Gambling

Indicator	Question Idea (note that this is not a final question wording)	Source
12- month prevalence	Gambled (lotto, internet gambling, slot machines, casino, betting on horse races) within last 12 months.	List to be taken from CIDI http://www.hcp.med.harvard.edu/wmhcdi/instruments_papi.php but adapted to past 12 months Question GM1
Frequency of gambling	For each type with gambling last 12 months	British Gambling Prevalence survey http://www.gamblingcommission.gov.uk/PDF/British%20Gambling%20Prevalence%20Survey%202010.pdf 1. Everyday / almost every day 2. 4-5 days a week 3. 2-3 days a week 4. About once a week 5. 2-3 days a month 6. About once a month 7. 6-11 times a year 8. 1-5 times a year
Filter: any type of gambling past 12 months		
Onset of gambling		Cidi Questions GM2 and GM4
Filter: any type of gambling past 12 months		
Generic frequency of gambling	All times in the past year where you have spent any money on gambling or betting, how often have you gambled	Same frequency range as above
Money spent	How much money did you spend on average on gambling per month?	British Gambling Prevalence survey Adapted: In a month, how much money do you usually spend on [fill in activities with frequencies 1-6) Currency to be adapted for each country. 1. £1 – £10 per month 2. £11 – £30 per month 3. £31 – £50 per month 4. £51 - £100 per month 5. £101 - £200 per month 6. £201 - £500 per month 7. £501 or more per month



3.5 Internet usage

Indicator	Question Idea (note that this is not a final question wording)	Source
Generic time spent on internet not for work; Separately for workdays and weekend days	How much time do you spend on a typical workday/weekend day on the internet for activities not related to work or school? (i.e. not just listening music aside, or having the internet connected (e.g. to be able to get mails and shortmessages, getting whatsapp, without being actively doing something)	For example, an adaptation from the Canadian Internet Use Survey (CU_Q01 – CU_Q04) http://www23.statcan.gc.ca/imdb/p2SV.pl?Function=getSurvey&SDDS=4432
Quantity-frequency per activity	Chat rooms, Blogs, Music (I-tunes, youtube), news , instant messenger, gaming, file sharing, shopping, social networks (facebook, Twitter), surfing (web browsing), Internet TV, sex sites	For example items like in question 8 of http://www.surveymonkey.com/s/Internetusagequestionnaire How often do you use..... Chat rooms, Instant messenger, Social Networking sites, Blogs, Gaming, Web Browsing, Music, File Sharing, Shopping, News, Internet TV (Response options: everyday, More than once a day, Once a week, Once a month, Less than once a month) Plus questions on total hours spent on the internet per week



4 "Dependence" or Addiction measures

This section provides an overview to screening measures and dependence/addiction measures, if a country wants to use it in addition to the use measures above.

One may ask whether screening instruments are needed in addition to the instruments based on diagnostic systems (SUD measures), and whether screening instruments are not already covered by use measures and SUD measures. The use of screening instruments in addition to use measures and SUD measures is recommended for comparative reasons with other countries and to scientifically work on the difference between screening instruments and SUD measure that appeared to be large (see Alice-Rap WP5: counting addiction report: Tobacco [4]), but has been done rarely. Another argument may be that different instruments come to different conclusions and prevalence estimates. In most European countries only screening instruments (e.g. The Fagerström test for nicotine dependence, FTND [5]) have been used so far, and to calibrate trends from the past with current SUD measures, at least one study is needed with both instruments to allow trend comparison within a country over time. For example (see Alice-Rap WP5: counting addiction report: Tobacco [4]), the widely used FTND comes to commonly higher prevalence estimates, and classifies different individuals as dependent than a measure based on ICD or DSM. A joint use may help to calibrate prevalence rates from different use of instruments over time. Even though we believe that the use SUD/dependence measures as well as screening instruments are not particularly helpful in identifying individuals with substance use disorders in general population surveys, researchers are often asked by governments, preventive agencies or policy makers to actually estimate exactly this in a longitudinal perspective.

We recommend those screening instruments that are the most widely used in Europe. Screening instruments have the advantage for policy makers to also screen harmful/hazardous use and are at least intended to also predict dependence with some accuracy. Screening instruments have been used in the past more often than diagnostic measures and therefore may provide a basis for longitudinal (repeated cross-sectional) analysis. Using both SUD measurement and screening instruments in a cross-cultural comparative way, will further inform about seemingly differences across countries in earlier comparative studies where SUD-criteria based instruments versus screening data were used to estimate e.g. "dependence".

Nevertheless, we will need to choose the best instruments, or rather the best known instrument, based on the information available. For most substances, we will propose a short version with just a screener as dependence estimate and a longer version that includes also a diagnostic system (DSM-IV and DSM-5) instrument.



4.1 Tobacco

4.1.1 Screening instrument

Indicator	Questions	Source
HSI (Cutoff 3+)	FTND1: Time to first cigarette (or other smoking products)	Heatherton et al. (1991) [5]
	FTND4: number of cigarettes per day	Constructed from use measure above
FTND (Cutoff 4+)	Questions from HSI + FTND 2, 3, 5, 6	Heatherton et al. (1991) [5]

4.1.2 SUD measure

Indicator	Questions	Source
DSM-IV -dependence	7 criteria	CIDI CAPI (http://www.hcp.med.harvard.edu/wmhcdi/)
DSM-IV "abuse dummies (because abuse is not defined for tobacco)	4 criteria	Adapted from CIDI CAPI
DSM-5 craving	1 question	CIDI CAPI



4.2 Alcohol

4.2.1 Screening instrument

Indicator	Questions	Source
AUDIT (Cutoff 8, 12, 16)	10 Items; first three items can be calculated from use measures	Saunders et al. (1993) [6] Questions from SMART (http://www.alcsmart.ipin.edu.pl/files/smart_pilot_final_report.pdf)

4.2.2 SUD measure

Indicator	Questions	Source
DSM-IV dependence	10 Items	SMART (CIDI)
DSM-IV abuse	5 Items	CIDI CAPI
DSM-5 (+Craving)	1 Item	CIDI CAPI



4.3 Cannabis

4.3.1 Screening instrument

Indicator	Questions	Source
CUDIT-R (cutoff 8+)	8 Items	Adamson et al. (2010) [7]

4.3.2 SUD measure

Indicator	Questions	Source
DSM-IV dependence	10 Items	CIDI CAPI
DSM-IV abuse	5 Items	CIDI CAPI
DSM-5 craving	1 Item	CIDI CAPI



4.4 Illicit drugs

4.4.1 Screening instrument

Indicator	Questions	Source
WHO Assist V3.0	8 Questions	http://www.who.int/substance_abuse/activities/assist/en/

4.4.2 SUD measure

Indicator	Questions	Source
DSM-IV dependence	10 Items	CIDI CAPI
DSM-IV abuse	5 Items	CIDI CAPI
DSM-5 craving	1 Item	CIDI CAPI



4.6 Cyberdependence

4.6.1 Screening instrument

Indicator	Questions	Source
CIUS	14 items	Meerkerk et al. (2009) [8]



4.7 (Internet) Gaming

4.7.1 Screening instrument

Indicator	Questions	Source
Game Addiction Scale	7 Items	Lemmens et al. (2009) [9]

4.7.2 DSM-5 based measure

Indicator	Questions	Source
DSM-5 under observation	May be added if DSM-5 includes this in the future	



5 References

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6 Appendix: Screening and dependence questions

6.1 Tobacco

6.1.1 Screening instrument

HSI (Cutoff 3+)	FTND1: How soon after you wake up do you smoke your first cigarette? plus FTND4
	FTND4: cigarettes per day. Constructed from use measure above
FTND (Cutoff 4+)	FTND1: How soon after you wake up do you smoke your first cigarette? plus FTND4
	FTND2: Do you find it difficult to refrain from smoking in places where it is forbidden, e.g., in church, at the library, cinema, etc.?
	FTND3: Which smoke would you hate most to give up?
	FTND4: cigarettes per day. Constructed from use measure above
	FTND5: Do you smoke more frequently during the first hours of waking than during the rest of the day?
	FTND6: Do you smoke if you are so ill that you are in bed most of the day?



6.1.2 SUD measure

DSM-IV dependence	TB15a.	During the past 12 months, did you develop a physical tolerance for tobacco, so you were able to smoke more without negative effects like nausea, irritability, or restlessness?
	TB15b.	Did you have times during the past 12 months when you stopped, cut down, or went without smoking and then experienced physical symptoms like fatigue, headaches, constipation, upset stomach, weakness, or trouble sleeping?
	TB15c.	Did you have times during the past 12 months when you stopped, cut down, or went without smoking and then experienced emotional symptoms like irritability, nervousness, restlessness, trouble concentrating or feeling depressed?
	TB15d.	Did you have times during the past 12 months when you smoked to keep from having problems like these?
	TB15e.	Did you have times during the past 12 months when you smoked even though you promised yourself you wouldn't?
	TB15f.	Were there ever times during the past 12 months when you smoked more frequently or for more days in a row than you intended?
	TB15g.	Were there times during the past 12 months when you tried to stop or cut down on your smoking and found that you were not able to do so?
	TB15h.	Did you have periods during the past 12 months of several days or more when you chain-smoked, that is, started another cigarette as soon as you had finished one?
	TB15i.	Did you have periods of a month or longer during the past 12 months when you gave up or greatly reduced important activities – like sports, work, or associating with friends and family – so you could smoke?
	TB15j.	During the past 12 months, did tobacco ever cause you any physical problems like coughing, difficulty breathing, lung trouble, or problems with your heart or blood pressure?
	TB15k.	Did you continue to smoke even though you had any of these physical problems?
	TB15l.	During the past 12 months, did tobacco ever cause you any emotional problems like irritability, nervousness, restlessness, difficulty concentrating, or depression?
	TB15m.	Did you continue to smoke even though you had any of these emotional problems?

(Table 6.1.2. continues)



6.1.2 (continued) SUD measure

DSM-IV "abuse"
Own adaptation from Alcohol;
there is no tobacco "abuse" in
CIDI

During the past 12 months, was there a time when your smoking interfered with your work or responsibilities at school, on a job, or at home?

During the past 12 months, was there a time when your smoking caused arguments or other serious or repeated problems with your family, friends, neighbors, or co-workers?

Did you continue to smoke even though it caused problems with these people?

Were there times during the past 12 months when you were often under the influence of tobacco in situations where you could get hurt, for example when riding a bicycle, driving, operating a machine, or anything else?

DSM-5 craving

TB15: Was there a time during the past 12 months when you often had such a strong desire to smoke that you couldn't resist having a cigarette, cigar, or pipe, or found it difficult to think of anything else?



6.2 Alcohol

6.2.1 Screening instrument

AUDIT (Cutoff = 8+)	AUDIT_1. How often do you have a drink containing alcohol?
	AUDIT_2. How many drinks containing alcohol do you have on a typical day when you are drinking?
	AUDIT_3. How often do you have six or more drinks on one occasion?
	AUDIT_4. How often during the last year have you found that you were not able to stop drinking once you had started?
	AUDIT_5. How often during the last year have you failed to do what was normally expected from you because of drinking?
	AUDIT_6. How often during the last year have you needed a first drink in the morning to get yourself going after a heavy drinking session?
	AUDIT_7. How often during the last year have you had a feeling of guilt or remorse after drinking?
	AUDIT_8. How often during the last year have you been unable to remember what happened the night before because you had been drinking?
	AUDIT_9. Have you or someone else been injured as a result of your drinking?
	AUDIT_10. Has a relative or friend, or a doctor or other health worker been concerned about your drinking or suggested you cut down



6.2.2 SUD measure

DSM-IV dependence	<p>DSM_1. During the past 12 months, did you need to drink a larger amount of alcohol to get an effect, or did you find that you could no longer get a “buzz” or a high on the amount you used to drink?</p> <p>DSM_2. Did you have times during the past 12 months when you stopped, cut down, or went without drinking and then experienced withdrawal symptoms like fatigue, headaches, diarrhea, the shakes, or emotional problems?</p> <p>DSM_3. Did you have times during the past 12 months when you took a drink to keep from having problems like these?</p> <p>DSM_4. Did you have times during the past 12 months when you started drinking even though you promised yourself you wouldn’t, or when you drank a lot more than you intended?</p> <p>DSM_5. Were there ever times during the past 12 months when you drank more frequently or for more days in a row than you intended?</p> <p>DSM_6. Did you have times during the past 12 months when you started drinking and became drunk when you didn’t want to?</p> <p>DSM_7. Were there times during the past 12 months when you tried to stop or cut down on your drinking and found that you were not able to do so?</p> <p>DSM_8. Did you have periods during the past 12 months of several days or more when you spent so much time drinking or recovering from the effects of alcohol that you had little time for anything else?</p> <p>DSM_9. Did you have a time during the past 12 months when you gave up or greatly reduced important activities because of your drinking – like sports, work, or seeing friends and family?</p> <p>DSM_10. During the past 12 months, did you continue to drink when you knew you had a serious physical or emotional problem that might have been caused by or made worse by drinking?</p>
DSM-IV abuse	<p>AU13. During the past 12 months, did your drinking or being hung over frequently interfere with your work or responsibilities at school, on a job, or at home?</p> <p>AU13a. During the past 12 months, did your drinking causes arguments or other serious or repeated problems with your family, friends, neighbors, or co-workers?</p> <p>AU13b. Did you continue to drink even though it caused problems with these people?</p> <p>AU13c. Were there times during the past 12 months when you were often under the influence of alcohol in situations where you could get hurt, for example when riding a bicycle, driving, operating a machine, or anything else?</p> <p>AU13d. During the past 12 months, were arrested or stopped by the police because of drunk driving or drunken behavior?</p>



6.3 Cannabis

6.3.1 Screening instrument

CUDIT-R (cutoff 8+)	1.	How often do you use cannabis?
	2.	How many hours were you 'stoned' on a typical day when you had been using cannabis?
	3.	How often during the past six months did you fail to do what was normally expected from you because of using cannabis?
	4.	How often do you use cannabis in situations that could be physically hazardous, such as driving, operating machinery, or caring for children?
	5.	How often during the past 6 months did you find that you were not able to stop using cannabis once you had started?
	6.	How often in the past 6 months have you devoted a great deal of your time to getting, using, or recovering from cannabis?
	7.	How often in the past 6 months have you had a problem with your memory or concentration after using cannabis?
	8.	Have you ever thought about cutting down, or stopping, your use of cannabis?



6.3.2 SUD measure

DSM-IV dependence (adapted from CIDI: Illicit drugs)	*IU32.	During the past 12 months, did you need larger amounts of Cannabis to get an effect, or did you ever find that you could no longer get high on the amount you used to use?
	*IU33.	Did you have times during the past 12 months when you stopped, cut down or went without using Cannabis and then experienced withdrawal symptoms?
	*IU34.	Did you have times during the past 12 months when you used Cannabis to keep from having problems like these?
	*IU35.	Did you have times during the past 12 months when you used Cannabis even though you planned not to or when you used a lot more than you intended?
	*IU36.	Were there times during the past 12 months when you used Cannabis more frequently or for more days in a row than you intended?
	*IU37.	Were there times during the past 12 months when you tried to stop or cut down on your use of Cannabis and found that you were not able to do so?
	*IU38.	Did you have several days or more during the past 12 months when you spent so much time using or recovering from the effects of Cannabis use that you had little time for anything else?
	*IU39.	Did you have times during the past 12 months when you gave up or greatly reduced important activities because of your Cannabis use – like sports, work, or seeing friends and family?
	*IU40.	During the past 12 months, did you ever continue to use Cannabis when you knew you had a serious physical or emotional problem that might have been caused by or made worse by using Cannabis?
	DSM-IV abuse	IU22.
IU23.		Did you continue to use Cannabis even though it caused problems with these people?
*IU24.		Were there times during the past 12 months when you were often under the influence of Cannabis in situations where you could have gotten hurt, for example when riding a bicycle, driving, operating a machine, or anything else?
*IU25.		During the past 12 months, were you arrested or stopped by the police more than once because of driving under the influence of Cannabis or because of your behavior while you were under the influence of Cannabis?
DSM-5 craving	*IU31.	Was there a time during the past 12 months when you often had such a strong desire to use Cannabis that you couldn't stop using or found it difficult to think of anything else?



6.4 Illicit drugs

6.4.1 Screening instrument

WHO Assist

In your life, which of the following substances have you ever used? (Tobacco, Alcohol, Cannabis, Cocaine, Amphetamine, Inhalants, Sedatives or Sleeping Pills, Hallucinogens, Opioids, Other)

In the past three months, how often have you used the substances you mentioned (FIRST DRUG, SECOND DRUG, ETC)?

During the past three months, how often have you had a strong desire or urge to use (FIRST DRUG, SECOND DRUG, ETC)?

During the past three months, how often has your use of (FIRST DRUG, SECOND DRUG, ETC) led to health, social, legal or financial problems?

During the past three months, how often have you failed to do what was normally expected of you because of your use of (FIRST DRUG, SECOND DRUG, ETC)?

Has a friend or relative or anyone else ever expressed concern about your use of (FIRST DRUG, SECOND DRUG, ETC.)?

Have you ever tried and failed to control, cut down or stop using (FIRST DRUG, SECOND DRUG, ETC.)?

Have you ever used any drug by injection? (NON-MEDICAL USE ONLY)



6.4.2 SUD measure

DSM-IV dependence	<p>*IU32. During the past 12 months, did you need larger amounts of [DRUG] to get an effect, or did you ever find that you could no longer get high on the amount you used to use?</p> <p>*IU33. Did you have times during the past 12 months when you stopped, cut down or went without using [DRUG] and then experienced withdrawal symptoms?</p> <p>*IU34. Did you have times during the past 12 months when you used [DRUG] to keep from having problems like these?</p> <p>*IU35. Did you have times during the past 12 months when you used [DRUG] even though you planned not to or when you used a lot more than you intended?</p> <p>*IU36. Were there times during the past 12 months when you used [DRUG] more frequently or for more days in a row than you intended?</p> <p>*IU37. Were there times during the past 12 months when you tried to stop or cut down on your use of [DRUG] and found that you were not able to do so?</p> <p>*IU38. Did you have several days or more during the past 12 months when you spent so much time using or recovering from the effects of [DRUG] use that you had little time for anything else?</p> <p>*IU39. Did you have times during the past 12 months when you gave up or greatly reduced important activities because of your [DRUG] use – like sports, work, or seeing friends and family?</p> <p>*IU40. During the past 12 months, did you ever continue to use [DRUG] when you knew you had a serious physical or emotional problem that might have been caused by or made worse by using [DRUG]?</p>
DSM-IV abuse	<p>IU22. Was there a time during the past 12 months when your use of [DRUG] caused arguments or other serious or repeated problems with your family, friends, neighbors, or co-workers?</p> <p>IU23. Did you continue to use [DRUG] even though it caused problems with these people?</p> <p>*IU24. Were there times during the past 12 months when you were often under the influence of [DRUG] in situations where you could have gotten hurt, for example when riding a bicycle, driving, operating a machine, or anything else?</p> <p>*IU25. During the past 12 months, were you arrested or stopped by the police more than once because of driving under the influence of [DRUG] or because of your behavior while you were under the influence of [DRUG]?</p>
DSM-5 craving	<p>*IU31. Was there a time during the past 12 months when you often had such a strong desire to use [DRUG] that you couldn't stop using or found it difficult to think of anything else?</p>



6.5 Gambling

6.5.1 Screening instrument

PGSI/CPGI (Cutoff 3+)

Have you bet more than you could really afford to lose?

Still thinking about the last 12 months, have you needed to gamble with larger amounts of money to get the same feeling of excitement?

When you gambled, did you go back another day to try to win back the money you lost?

Have you borrowed money or sold anything to get money to gamble?

Have you felt that you might have a problem with gambling?

Has gambling caused you any health problems, including stress or anxiety?

Have people criticized your betting or told you that you had a gambling problem, regardless of whether or not you thought it was true?

Has your gambling caused any financial problems for you or your household?

Have you felt guilty about the way you gamble or what happens when you gamble?



6.5.2 DSM-IV/5 based measure

DSM-IV	GM8a.	During the past 12 months, was there a time when your betting or gambling often interfered with your work or responsibilities at school, on a job, or at home?
	GM8b.	During the past 12 months, was there a time when your betting or gambling caused repeated arguments or other serious problems with your family, friends, neighbors, or coworkers?
	GM8c.	Was there a during the past 12 months when you often tried to keep your family or friends from knowing how much you gambled?
	GM8d.	During the past 12 months, did you sometimes claim to be winning when you were actually losing?
	GM10a.	Did you have periods during the past 12 months when you would spend lots of time thinking about your gambling when you should have been thinking about other things?
	GM10b.	During the past 12 months, did you ever have periods when you would spend lots of time planning your bets or studying the odds when you should have been doing other things?
	GM10c.	During the past 12 months, did you have to increase the amount you bet or gambled in order to keep it exciting?
	GM10d.	Did you have a time during the past 12 months in your life when you would often use betting or gambling as a way to get out of a bad mood or to improve your mood?
	GM10e.	During the past 12 months, did you often gamble in order to escape or stop thinking from personal problems?
	GM10f.	During the past 12 months, after losing money gambling, did you often return another day soon to win back your losses?
	GM10g.	During the past 12 months, when you had a big gambling debt, did you gamble more and more in the hope of winning back the losses?
	GM10h.	During the past 12 months, did you ever try to raise gambling money by writing a bad check, stealing, or doing something else that was illegal?
	GM10i.	During the past 12 months, did you repeatedly borrow money from your family or friends to support your gambling or to pay gambling debts?
	GM10j.	Was there a time during the past 12 months when you often had such a strong desire to bet or gamble that you couldn't resist it or couldn't think of anything else?
	GM10k.	Did you have times during the past 12 months when you gambled even though you promised yourself you wouldn't, or when you bet a lot more or for a longer period of time than you intended?
	GM10l.	During the past 12 months, how many times did you ever make a serious attempt to cut down or stop gambling?

(Table 6.5.2. continues)



6.5.2 (continued) DSM-IV/5 based measure

DSM-IV	GM13. During the past 12 months, did trying to quit or cut down on gambling make you feel restless or irritable?
	GM14. Since you first tried to cut down or stop, what is the longest period of time you have ever gone without gambling?
DSM-5	Same as DSM-IV with the following exceptions: Deleted criterion illegal actions (GM10h) GM10a. Did you have periods during the past 12 months when you would spend lots of time thinking about your gambling when you should have been thinking about other things? GM10b. During the past 12 months, did you ever have periods when you would spend lots of time planning your bets or studying the odds when you should have been doing other things? GM10e. Did you often gamble in when feeling distress ((e.g., helpless, guilty, anxious, depressed)?



6.6 Cyberdependence

6.6.1 Screening instrument

CIUS	1.	Do you find it difficult to stop using the Internet when you are online?
	2.	Do you continue to use the Internet despite your intention to stop?
	3.	Do others (e.g., partner, children, parents) say you should use the Internet less?
	4.	Do you prefer to use the Internet instead of spending time with others (e.g., partner, children, parents)?
	5.	Are you short of sleep because of the Internet?
	6.	Do you think about the Internet, even when not online?
	7.	Do you look forward to your next Internet session?
	8.	Do you think you should use the Internet less often?
	9.	Have you unsuccessfully tried to spend less time on the Internet?
	10.	Do you rush through your (home) work in order to go on the Internet?
	11.	Do you neglect your daily obligations (work, school, or family life) because you prefer to go on the Internet?
	12.	Do you go on the Internet when you are feeling down?
	13.	Do you use the Internet to escape from your sorrows or get relief from negative feelings?
	14.	Do you feel restless, frustrated, or irritated when you cannot use the Internet?

6.6.2 DSM-IV/5 based measure

There is no DSM-IV or DSM-5 for Cyber dependence



6.7 (Internet) Gaming

6.7.1 Screening instrument

Game Addiction Scale	1.	Did you think about playing a game all day long?
	2.	Did you spend increasing amounts of time on games?
	3.	Did you play games to forget about real life?
	4.	Have others unsuccessfully tried to reduce your game use?
	5.	Have you felt bad when you were unable to play?
	6.	Did you have fights with others (e.g., family, friends) over your time spent on games?
	7.	Have you neglected other important activities (e.g., school, work, sports) to play games?



6.7.2 DSM-IV/5 based measure

DSM-5 under observation (questions adapted from CIDI-Gambling)

- GM10a. Did you have periods during the past 12 months when you would spend lots of time thinking about gaming on the internet when you should have been thinking about other things?
 - GM10b. During the past 12 months, did you ever have periods when you would spend lots of time planning your gaming on the internet you should have been doing other things?
 - GM13. During the past 12 months, did trying to quit or cut down your internet gaming make you feel restless or irritable?
 - GM8a. During the past 12 months, was there a time when your gaming often interfered with your work or responsibilities at school, on a job, or at home?
 - GM8b. During the past 12 months, was there a time when your gaming caused repeated arguments or other serious problems with your family, friends, neighbors, or coworkers?
 - GM8c. Was there a during the past 12 months when you often tried to keep your family or friends from knowing how much you played games?
 - GM8d. During the past 12 months, did you sometimes claim to do something else when you were actually gaming?
 - GM10c. During the past 12 months, did you have to increase the time playing games in order to keep it exciting?
 - GM10d. Did you often play games when feeling distress (e.g., helpless, guilty, anxious, depressed)?
 - GM10e. During the past 12 months, did you often play games in order to escape or stop thinking from personal problems?
 - GM10f. During the past 12 months, did you continue gaming despite knowing that it causes problems?
 - GM10k. Did you have times during the past 12 months when you gamed on the internet even though you promised yourself you wouldn't, or when you played a lot more or for a longer period of time than you intended?
 - GM10l. During the past 12 months, how many times did you ever make a serious attempt to cut down or stop your internet gaming?
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