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
   - Monthly or less
   - 2-4 times a month
   - 2-3 times a week
   - 4 or more times a week

2. **How many hours were you “stoned” on a typical day when you had been using cannabis?**
   - Less than 1
   - 1 or 2
   - 3 or 4
   - 5 or 6
   - 7 or more

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
   - Less than monthly
   - Monthly
   - Weekly
   - Daily or almost daily

4. **How often during the past 6 months did you fail to do what was normally expected from you because of using cannabis?**
   - Never
   - Less than monthly
   - Monthly
   - Weekly
   - Daily or almost daily

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
   - Less than monthly
   - Monthly
   - Weekly
   - Daily or almost daily

6. **How often in the past 6 months have you had a problem with your memory or concentration after using cannabis?**
   - Never
   - Less than monthly
   - Monthly
   - Weekly
   - Daily or almost daily

7. **How often do you use cannabis in situations that could be physically hazardous, such as driving, operating machinery, or caring for children:**
   - Never
   - Less than monthly
   - Monthly
   - Weekly
   - Daily or almost daily

8. **Have you ever thought about cutting down, or stopping, your use of cannabis?**
   - Never
   - Yes, but not in the past 6 months
   - Yes, during the past 6 months

**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.

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UCSB Alcohol and Drug Program
Phone: (805) 893-5013
Email: alcohol@sa.ucsb.edu
Website: http://alcohol.sa.ucsb.edu