Screening Instruments

NOTE: This is only a suggested list of screening instruments. Screening tools have not been validated as stand-alone assessments for mental health disorders, and must be incorporated into the entire pre-participation evaluation. Trained experts at your institution may appropriately select other screening approaches. Athletics may alternatively or additionally choose to join with campus-wide screening programs conducted in conjunction with campus counseling centers, such as College Response (www.mentalhealthscreening.org).
SCREENING TOPIC: CANNABIS USE

Measure: Cannabis Use Disorder Identification Test (CUDIT-R)


1. How often do you use cannabis? [score 0 for never, 1 for once a month or less, 2 for two-four times a month, 3 for two-three times a week, 4 for four or more times a week]

2. How many hours were you “stoned” on a typical day when you were using cannabis? [score 0 for less than one hour, 1 for one or two hours, 2 for three or four hours, 3 for five or six hours, 4 for seven or more hours]

3. How often during the past six months did you find that you were not able to stop using cannabis once you had started? [score 0 for never, 1 for less than monthly, 2 for monthly, 3 for weekly, 4 for daily or almost daily]

4. How often during the past six months have you devoted a great deal of your time to getting, using or recovering from cannabis? [score 0 for never, 1 for less than monthly, 2 for monthly, 3 for weekly, 4 for daily or almost daily]

5. How often in the past six months have you had a problem with your memory or concentration after using cannabis? [score 0 for never, 1 for less than monthly, 2 for monthly, 3 for weekly, 4 for daily or almost daily]

6. How often during the past six months have you had a problem with your memory or concentration after using cannabis? [score 0 for never, 1 for less than monthly, 2 for monthly, 3 for weekly, 4 for 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? [score 0 for never, 1 for less than monthly, 2 for monthly, 3 for weekly, 4 for daily or almost daily]

8. Have you ever thought about cutting down, or stopping, your use of cannabis? [score 0 for never, 2 for yes but not in the past six months, 4 for yes during the past six months]

Scoring: Questions 1-7 are scored on a 0-4 scale. Question 8 is scored as 0, 2 or 4. Points are summed to give total score.

Interpretation: Scores of 8 or more points indicate hazardous cannabis use. Scores of 12 or more indicate a possible cannabis use disorder for which further intervention may be required.