

## cannabis use problems identification test (cupit)<sup>©</sup>

Some people can use cannabis without developing any serious problems. Others can experience health problems, or other kinds of problems. If you answer the questions below, it can help you to work out if you are having any problems with cannabis. There are no right or wrong answers.

For each question **TICK**  the answer closest to your cannabis use over the past 12 months.

**1. On how many days have you used cannabis during the past 12 months?**

(If there was no pattern to your cannabis use, please make your **best estimate**.)

- 1 – 6 days (less than one day a month)
- 7 – 12 days (an average pattern of one day a month)
- 13 – 36 days (an average pattern of 2 – 3 days a month)
- 37 – 52 days (an average pattern of one day a week)
- 53 – 104 days (an average pattern of 2 days a week)
- up to 208 days (an average pattern of 3-4 days a week)
- up to 312 days (an average pattern of 5-6 days a week)
- up to 365 days (daily/most days)

**2. Now please think about your recent cannabis use.**

**On how many days have you used cannabis over the past 3 months (90 days)?**

- no days
- 1 – 2 days (less than one day a month)
- 3 – 4 days (an average pattern of one day a month)
- 5 – 9 days (an average pattern of 2 – 3 days a month)
- 10 – 15 days (an average pattern of one day a week)
- 16 – 26 days (an average pattern of 2 days a week)
- 27 – 52 days (an average pattern of 3 – 4 days a week)
- 53 – 78 days (an average pattern of 5 – 6 days a week)
- 79 – 90 days (daily/most days)

### Over the past 12 months:

**3. How many times would you use cannabis on a typical day when you were using?**

(Note: at least one hour between each new 'use')

- once
- twice
- 3 – 4 times
- 5 – 6 times
- 7 – 9 times
- 10 or more times

**4. How often have you used cannabis first thing in the morning?**

- never
- once or twice
- less than monthly
- monthly
- one day a week
- several days a week
- daily/always

**Over the past 12 months:**

**5. How much of the average day do you spend/or feel stoned?**

- 0 hours
- 1 – 2 hours
- 3 – 4 hours
- 5 – 6 hours
- 7 – 8 hours
- 9 or more hours

**6. How difficult do you think you would find it to stop using or go without cannabis altogether?**

- not at all difficult
- a bit difficult
- quite difficult
- very difficult
- impossible

**7. What was the longest time you went without using cannabis?**

- 6 months or longer
- 3 – 5 months
- 1 – 2 months
- 2 – 3 weeks
- one week
- 4 – 6 days
- 2 – 3 days
- one day
- no days at all

**8. Have you felt that you needed cannabis?**

- never
- sometimes
- quite often
- very often
- always/all the time

**9. Have you been able to stop using cannabis when you wanted to?**

- never/at no time
- sometimes (not often)
- quite often (half the time)
- very often (usually)
- always/all the time

**10. Have you found it difficult to get through a day without using cannabis?**

- never
- sometimes
- quite often
- very often
- always/all the time

**Over the past 12 months:**

11. Did your use of cannabis ever interfere with (get in the way of) your work at school, your job, or your home life?
- never
  - sometimes
  - quite often
  - very often
  - always/all the time
12. Have you lacked the energy to get things done in the way you used to?
- never
  - sometimes
  - quite often
  - very often
  - always/all the time
13. Have you given up things you used to enjoy or were important because of cannabis? (e.g., work, school, sports, hobbies, being with family and friends, etc.)
- none at all/nothing
  - one or two things
  - quite a few things
  - lots of things
  - everything
14. Has anything you had planned, or were expected to do, not happened after using cannabis? (e.g., a family outing, chores, taking care of children, homework, an assignment, appointment, job interview, training, attending school or work, etc.)
- never
  - sometimes
  - quite often
  - very often
  - always/all the time
15. Have you had problems concentrating and remembering things?
- never
  - sometimes
  - quite often
  - very often
  - always/all the time
16. Did you ever use cannabis after you had decided not to?
- never
  - sometimes
  - quite often
  - very often
  - always/all the time