



Cannabis Use Problems Identification Test (cupit)[©]

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. 1 – 6 days (less than one day a month)
2. 7 – 12 days (an average pattern of one day a month)
3. 13 – 36 days (an average pattern of 2 – 3 days a month)
4. 37 – 52 days (an average pattern of one day a week)
5. 53 – 104 days (an average pattern of 2 days a week)
6. up to 208 days (an average pattern of 3-4 days a week)
7. up to 312 days (an average pattern of 5-6 days a week)
8. 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)?

0. no days
1. 1 – 2 days (less than one day a month)
2. 3 – 4 days (an average pattern of one day a month)
3. 5 – 9 days (an average pattern of 2 – 3 days a month)
4. 10 – 15 days (an average pattern of one day a week)
5. 16 – 26 days (an average pattern of 2 days a week)
6. 27 – 52 days (an average pattern of 3 – 4 days a week)
7. 53 – 78 days (an average pattern of 5 – 6 days a week)
8. 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')

1. once
2. twice
3. 3 – 4 times
4. 5 – 6 times
5. 7 – 9 times
6. 10 or more times

Over the past 12 months:

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

- 0. never
- 1. once or twice
- 2. less than monthly
- 3. monthly
- 4. one day a week
- 5. several days a week
- 6. daily/always

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

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

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

- 0. not at all difficult
- 1. a bit difficult
- 2. quite difficult
- 3. very difficult
- 4. impossible

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

- 1. 6 months or longer
- 2. 3 – 5 months
- 3. 1 – 2 months
- 4. 2 – 3 weeks
- 5. one week
- 6. 4 – 6 days
- 7. 2 – 3 days
- 8. one day
- 9. no days at all

Over the past 12 months:

8. Have you felt that you needed cannabis?

- 0. never
- 1. sometimes
- 2. quite often
- 3. very often
- 4. always/all the time

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

- 4. never/at no time
- 3. sometimes (not often)
- 2. quite often (half the time)
- 1. very often (usually)
- 0. always/all the time

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

- 0. never
- 1. sometimes
- 2. quite often
- 3. very often
- 4. always/all the time

11. Did your use of cannabis ever interfere with (get in the way of) your work at school, your job, or your home life?

- 0. never
- 1. sometimes
- 2. quite often
- 3. very often
- 4. always/all the time

12. Have you lacked the energy to get things done in the way you used to?

- 0. never
- 1. sometimes
- 2. quite often
- 3. very often
- 4. always/all the time

Over the past 12 months:

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.)

- 0. none at all/nothing
- 1. one or two things
- 2. quite a few things
- 3. lots of things
- 4. 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.)

- 0. never
- 1. sometimes
- 2. quite often
- 3. very often
- 4. always/all the time

15. Have you had problems concentrating and remembering things?

- 0. never
- 1. sometimes
- 2. quite often
- 3. very often
- 4. always/all the time

16. Did you ever use cannabis after you had decided not to?

- 0. never
- 1. sometimes
- 2. quite often
- 3. very often
- 4. always/all the time

cannabis use problems identification test (cupit)©

information sheet

Screens for:

- cannabis use in past 12 months (frequency, intensity)
- cannabis use in past three months
- cannabis-induced problems
- risk of harm (current or 12-month) and dependence

Time to complete and score

Approximately eight to 10 minutes

Can client complete it? Yes. The CUPIT can be self- or other-administered

Scoring

A simple score plan applies:

Item 1 scores from 1 to 8

Item 2 scores from 0 to 8

Item 3 scores from 1 to 6

Item 4 scores from 0 to 6

Item 5 scores from 0 to 5

Item 6 scores from 0 to 4

Item 7 scores from 1 to 9

Items 8 to 16 score from 0 to 4*

*Item 9 is reverse scored.

Cut-offs

General (adults and adolescents) to meet criteria for current cannabis use disorder = 20

For those at risk of developing cannabis use disorder in the following 12 months = 12

For further diagnostic information, see:

Bashford, J., Flett, R. & Copeland, J. (2010). The Cannabis Use Problems Identification Test (CUPIT): Development, reliability, concurrent and predictive validity among adolescents and adults. *Addiction* 105(4), 615-625.

Cannabis Use Problems Identification Test (CUPIT):

A measure of current and developing cannabis-related problems



Jan Bashford PhD

Resources for further information:

- Bashford, Jan, Copeland, Jan, Flett, Ross. (2013) Cannabis use and disorder transitions among a mixed sample of at-risk adolescents and adults: A prospective New Zealand study. *The Open Addiction Journal* 2013: 6; 6-15.
- Annaheim Beatrice. (2013) Who is smoking pot for fun and who is not? An overview of instruments to screen for cannabis-related problems in general population surveys. *Addiction Research and Theory* 2013: 21 (5); 410-428.
- Bashford, Jan (2012). The Cannabis Use Problems Identification Test (CUPIT): A measure of current and developing cannabis use disorder among adolescents and adults. In Adamson S, Schroder RN, Sheridan J (eds) (2012). *New Zealand Addiction Treatment Research Monograph. Research Proceedings from the Cutting Edge Conference, September, 2010.*
- Bashford Jan, (2010). Measuring cannabis use. In GEMS of New Zealand: Primary Health Care Research section. *New Zealand Journal of Primary Health Care*, December, Vol 2, (4). (This journal is sent out to all GPS in NZ monthly) <http://www.rnzcgp.org.nz/journal-of-primary-health-care/>
- Bashford, Jan, Flett, Ross, & Copeland, Jan (2010). The Cannabis Use Problems Identification Test (CUPIT): development, reliability, concurrent and predictive validity among adolescents and adults. *ADDICTION*, 105, 615-625.
- Copeland, Jan, Frewen, Amie, & Elkins, Kathryn (2009). *Practice guidelines for the management of cannabis use and related issues: A guide for practitioners and counselors*. National Cannabis Prevention and Information Centre, University of New South Wales: Sydney. www.ncpic.org.au
- Bashford, Jan (2008). Screening and Assessment for Cannabis Use Disorders. A background paper written for the Australian National Clinical Practice Guidelines. Available online at: <http://ncpic.org.au/ncpic/publications/guidelines-background-papers/>
- Bashford, J.L. (2007). *The Cannabis Use Problems Identification Test (CUPIT): Development and Psychometrics*. Unpublished Doctoral thesis. Palmerston North, New Zealand: Massey University.
- The CUPIT is indexed as a screening tool for purchase for clinical use in these large American organisations:
 - American Psychological Association (Psychological Tests, section A)
 - Sociometrics Corporation (Psychological Test and Assessment Resources)

The CUPIT is available online at: http://www.healthaction.org.nz/images/CUPIT_as_a_PDF.pdf

I trust you will find the CUPIT helpful for your own practice.

Please feel free to contact me if I can be of further assistance at: janbashford@gmail.com

Author:
Dr Jan Bashford
Email: jbashford@gmail.com



MASSEY UNIVERSITY

Academic Supervisor:
Dr Ross Flett
Email: r.a.flett@massey.ac.nz