



## Leeds Dependence Questionnaire - LDQ

Here are some questions about the importance of alcohol or other drugs in your life. Think about the main substance you have been using over the **last 4 weeks** and tick the closest answer to how you see yourself

	Never 0	Sometimes 1	Often 2	Nearly Always 3
Do you find yourself thinking about when you will next be able to have another drink or take more drugs?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Is drinking or taking drugs more important than anything else you might do during the day?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Do you feel that your need for drink or drugs is too strong to control?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Do you plan your days around getting and taking drink or drugs?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Do you drink or take drugs in a particular way in order to increase the effect it gives you?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Do you drink or take drugs morning, afternoon and evening?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Do you feel you have to carry on drinking or taking drugs once you have started?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Is getting an effect more important than the particular drink or drug you use?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Do you want to take more drink or drugs when the effects start to wear off?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Do you find it difficult to cope with life without drink or drugs?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

## **Leeds Dependence Questionnaire (LDQ)**

The LDQ ([www.leedspft.nhs.uk/our\\_services/leeds\\_addiction\\_unit/RESULT](http://www.leedspft.nhs.uk/our_services/leeds_addiction_unit/RESULT)) is derived from a psychological understanding of the nature of dependence and is, therefore, suitable for measuring dependence during periods of substance use or abstinence. The LDQ is an indicator of how addicted a person is and, therefore, how difficult it will be to achieve a positive outcome.

For help seeking populations the LDQ is a reasonable proxy for substance use, however, for people who are socially quite stable, employed and having functional families, heavy drinking or other drug use is less well correlated with dependence.

There are 10 items scored 0-3.

Cut offs are:

- <10 = low dependence;
- 10-22 = medium dependence; and
- >22 = high dependence.

**Practitioners should advise people to contact their GP or Substance Misuse Services at [www.changegrowlive.org](http://www.changegrowlive.org)**

**Please note the Substance Misuse Services may also be contacted for consultation or information at [www.changegrowlive.org](http://www.changegrowlive.org)**