

DAST-10 Questionnaire

How to Use the DAST-10

The DAST-10 poses questions about a person's possible involvement with drugs, *excluding alcoholic beverages*, during the past 12-month period. Each question requires a "yes" or "no" response and can be self-administered or administered by a healthcare professional.

In the questionnaire, "drug abuse" refers to the use of either prescribed or over-the-counter drugs in excess of the directions, as well as any nonmedical use of drugs.

The drugs may include the following classes:

- Cannabis (marijuana, hashish)
- Cocaine
- Solvents (eg, paint thinner)
- Stimulants (eg, "speed")
- Tranquilizers
- Hallucinogens (eg, LSD)
- Barbiturates
- Narcotics (eg, heroin)

This instrument is designed for screening purposes only and is not to be used as a diagnostic tool.

DAST-10

1. Have you used drugs other than those required for medical reasons?
2. Do you abuse more than one drug at a time?
3. Are you unable to stop using drugs when you want to?
4. Have you ever had blackouts or flashbacks as a result of drug use?
5. Do you ever feel bad or guilty about your drug use?
6. Does your spouse (or do your parents) ever complain about your involvement with drugs?
7. Have you neglected your family because of your use of drugs?
8. Have you engaged in illegal activities in order to obtain drugs?
9. Have you ever experienced withdrawal symptoms (felt sick) when you stopped taking drugs?
10. Have you had medical problems as a result of your drug use (eg, memory loss, hepatitis, convulsions, bleeding)?

Interpretation:

Each "yes" response = 1

Scoring:

Degree of problems related to drug abuse/suggested action

- 0 No problems reported / None at this time
- 1 Low level / Monitor, reassess at a later date
- 2 Moderate level / Further investigation
- 3 Substantial level / Intensive assessment

Yes

No

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1. Skinner, Harvey A. The Drug Abuse Screening Test. *Addictive Behavior*. 1982;7:363-371.

2. Yudko E, Lozhkina O, Fouts A. A comprehensive review of the psychometric properties of the Drug Abuse Screening Test. *Journal of Substance Abuse Treatment*. 2007;32:189-198.