



# URGE TO USE SCALE\*

\* The Urge to Use Scale is a modified version of the PACS. The rationale and psychometric properties of the PACS can be found in:  
Flannery BA, Volpicelli JR, Pettinati HM. Psychometrics Properties of the Penn Alcohol Craving Scale.

**INSTRUCTIONS:** The following questions are designed to help you assess an important aspect of your recovery status: the urge to use. Complete the form by thinking about the past week and placing a check mark by the response that is most true for you.

**1. How often have you thought about using or how good using would make you feel during this period?**

- Never, that is, 0 times during this period of time. <sup>(0)</sup>
- Rarely, that is, 1 to 2 times during this period of time. <sup>(1)</sup>
- Occasionally, that is, 3 to 4 times during this period of time. <sup>(2)</sup>
- Sometimes, that is, 5 to 10 times during this period or 1 to 2 times a day. <sup>(3)</sup>
- Often, that is, 11 to 20 times during this period or 2 to 3 times a day. <sup>(4)</sup>
- Most of the time, that is, 20 to 40 times during this period or 3 to 6 times a day. <sup>(5)</sup>
- Nearly all of the time, that is, more than 40 times during this period or more than 6 times a day. <sup>(6)</sup>

**2. At its most severe point, how strong was your urge to use during this period?**

- None at all. <sup>(0)</sup>
- Slight, that is a very mild urge. <sup>(1)</sup>
- Mild urge. <sup>(2)</sup>
- Moderate urge. <sup>(3)</sup>
- Strong urge, but easily controlled. <sup>(4)</sup>
- Strong urge and difficult to control. <sup>(5)</sup>
- Strong urge and would have used if it were available. <sup>(6)</sup>

**3. How much time have you spent thinking about using or about how good using would make you feel during this period?**

- None at all. <sup>(0)</sup>
- Less than 20 minutes. <sup>(1)</sup>
- 21-45 minutes. <sup>(2)</sup>
- 46-90 minutes. <sup>(3)</sup>
- 90 minutes — 3 hours. <sup>(4)</sup>
- Between 3 to 6 hours. <sup>(5)</sup>
- More than 6 hours. <sup>(6)</sup>

**4. How difficult would it have been to resist taking a using during this period of time if you had known drugs were in your house?**

- Not difficult at all. <sup>(0)</sup>
- Very mildly difficult. <sup>(1)</sup>
- Mildly difficult. <sup>(2)</sup>
- Moderately difficult. <sup>(3)</sup>
- Very difficult. <sup>(4)</sup>
- Extremely difficult. <sup>(5)</sup>
- Would not be able to resist. <sup>(6)</sup>

**5. Keeping in mind your responses to the previous questions, please rate your overall drug urge to use for the stated period of time?**

- Never thought about using and never had the urge to use. <sup>(0)</sup>
- Rarely thought about using and rarely had the urge to use. <sup>(1)</sup>
- Occasionally thought about using and occasionally had the urge to use. <sup>(2)</sup>
- Sometimes thought about using and sometimes had the urge to use. <sup>(3)</sup>
- Often thought about using and often had the urge to use. <sup>(4)</sup>
- Thought about using most of the time and had the urge to use most of the time. <sup>(5)</sup>
- Thought about using nearly all of the time and had the urge to use nearly all of the time. <sup>(6)</sup>

Score: \_\_\_\_\_

A score of 10 or more is in the significant range.

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Name:

Agency:

Date: