



Medical Self-Assessment

Quick Reference Guide for Substance Abuse Screening

Don't know if you have a substance abuse problem? Many websites offer quizzes to help you determine your risk and provide help in the event you need it. Here are several helpful sites to get you started.

Alcohol Abuse:

- <http://www.alcoholscreening.org>
- <https://drugfree.org/>
- <http://counsellingresource.com/lib/quizzes/drug-testing/alcohol-mast/>

Drug Abuse:

- <https://drugfree.org/>
- <https://www.stonewallinstitute.com/have-drug-problem/>
- <http://counsellingresource.com/lib/quizzes/drug-testing/drug-abuse/>

Psychological/Depression:

- <http://counsellingresource.com/lib/quizzes/>
- <http://counsellingresource.com/lib/quizzes/depression-testing/cesd/>

Tobacco Use:

- <https://drugfree.org/>
- <http://www.rochester.edu/uhs/healthtopics/Tobacco/AssessmentFiles/SelfAssessment.pdf>
- <http://www.rochester.edu/uhs/healthtopics/Tobacco/AssessmentFiles/SmokeTest.pdf>

