

20-Question Addiction Questionnaire John Hopkins

Johns Hopkins University developed the following self-test for identifying alcoholism and addiction. Please answer the questions as honestly as possible.

1. Do you lose time from work due to drinking or drug use?
2. Is drinking or drug use making your home life unhappy?
3. Do you drink or use drugs because you are shy with other people?
4. Is drinking or drug use affecting your reputation?
5. Have you ever felt remorse after drinking or drug use?
6. Have you gotten into financial difficulties as a result of your drinking or drug use?
7. Do you turn to lower companions and an inferior environment when drinking or using drugs?
8. Does your drinking or drug use make you careless of your family's welfare?
9. Has your ambition decreased since drinking or using drugs?
10. Do you crave a drink or a drug at a definite time daily?
11. Do you want a drink or drug the next morning?
12. Does your drinking or drug use cause you to have difficulties in sleeping?
13. Has your efficiency decreased since drinking or using drugs?
14. Is your drinking or drug use jeopardizing your job or business?
15. Do you drink or use drugs to escape from worries or troubles?
16. Do you drink or use drugs alone?
17. Have you ever had a complete loss of memory?
18. Has your physician ever treated you for drinking or drug use?
19. Do you drink or use drugs to build your self-confidence?
20. Have you ever been in a hospital or institution on account of drinking or drug use?

If you answered "yes" to 3 questions, it suggests you probably have a drinking or drug problem.

If you answered "yes" to 4-7 questions, it suggests you may be in an early stage of alcoholism or drug addiction.

If you answered "yes" to 7-10 questions, it suggests you may be in the second stage of alcoholism or drug addiction.

If you answered "yes" to more than 10 questions, it suggests you may be in end-stage alcoholism or drug addiction.