



## ASSIST Screening Tool for Opioid Misuse

### INTRODUCTION:

The Alcohol, Smoking and Substance Involvement Screening Test (ASSIST) was developed by the ©World Health Organization (WHO) to assess risk for a variety of substances, not just opioids. We have specifically adapted this screening tool to detect only opioid misuse both in oneself, and in a loved one.

Below are questions about the experiences that you or your loved one has had with opioids across one's lifetime and in the past 3 months. For this screening tool, opioids include both prescription medications and illicit drugs, such as hydrocodone (Vicodin), oxycodone (Oxycontin), Percocet, oxymorphone (Opana), codeine, heroin, morphine, methadone, Fentanyl, buprenorphine (Suboxone), pethidine/meperidine (Demerol), dextropropoxyphene (Darvon), and other narcotics. Opioids can be taken in pill form, under the tongue, injected (either in the muscles or veins as is often the case with heroin), smoked, or snorted. Do not record opioid use that has been prescribed by a doctor. However, if opioids have been taken for reasons other than prescription or taken more frequently or at higher doses than prescribed, respond accordingly.

The screening tool page can be printed and filled out. Scores are then added up and a risk level is determined. The risk level that is indicated by one's score should be placed in context. Opioid-related problems are multifaceted. There are many factors, which modify the risk of health consequences of opioid use, including family history, coexisting psychiatric problems, and demographic factors (age, gender, socioeconomic status). Thus, even if this screening tool indicates a low risk, persons who are concerned about their opioid use or health-related problems should seek an evaluation anyway. It must be emphasized that the ASSIST Screening Tool is not intended to provide a diagnosis of opioid use disorder, nor is a substitute for a complete evaluation by a health care provider. **It is recommended that persons either bring the completed ASSIST Screening Tool for Opioids to a health care provider or contact the SAMSHA National Helpline for consultation to maximize the screening tool's utility and be referred to an appropriate treatment resource.**



<i>Screening for Individuals/Loved Ones</i>	Score for yourself	Score for a loved one
<p><b>Question 1</b></p> <p>In your/your loved one's life, have you/your loved one <u>ever used opioids</u>? (Non-medical use only) <b>Score: Yes = 3 No = 0</b></p>		
<p><b>Question 2</b></p> <p>In the <u>past three months</u>, how often have you/your loved one used opioids?  <b>Score: Never = 0 Once or Twice = 2 Monthly = 3 Weekly = 4 Daily or Almost Daily = 6</b></p> <p>If "Never" to Question 2, skip to Question 6.            If Opioids in Question 2 were used in the previous 3 months, continue with Questions 3, 4, &amp; 5.</p>		
<p><b>Question 3</b></p> <p>During the <u>past three months</u>, how often have you/your loved one had a strong desire or urge to use opioids?  <b>Score: Never = 0 Once or Twice = 3 Monthly = 4 Weekly = 5 Daily or Almost Daily = 6</b></p>		
<p><b>Question 4</b></p> <p>During the <u>past three months</u>, how often has your/your loved one's use of opioids led to health, social, legal or financial problems?  <b>Score: Never = 0 Once or Twice = 4 Monthly = 5 Weekly = 6 Daily or Almost Daily = 7</b></p>		
<p><b>Question 5</b></p> <p>During the <u>past three months</u>, how often have you/your loved one failed to do what was normally expected of you/them because of opioids?  <b>Score: Never = 0 Once or Twice = 5 Monthly = 6 Weekly = 7 Daily or Almost Daily = 8</b></p>		
<p><b>Question 6</b></p> <p>Has a friend or relative or anyone else <u>ever</u> expressed concern about your/your loved one's use of opioids?  <b>Score: No never = 0 Yes- In the past 3 months = 6 Yes- But not in the past 3 months = 3</b></p>		
<p><b>Question 7</b></p> <p>Have you/your loved one <u>ever</u> tried and failed to control, cut down, or stop using opioids?  <b>Score: No never = 0 Yes- in the past 3 months = 6 Yes- but not in the past 3 months = 3</b></p>		
<p><b>Question 8</b></p> <p>Have you/your loved one <u>ever</u> used any opioid by self injection?  <b>Score: No never = 0 Yes- in the past 3 months = 2 Yes- but not in the past 3 months = 1</b></p>		
<b>TOTAL:</b>		



## SCORING THE ASSIST

Add up the score for each question to arrive at a total sum which will identify a risk level.

### **LOW= 0-3**

You are at low risk of health and other problems from your current pattern of use.

### **MODERATE= 4-26**

You are at risk of health and other problems from your current pattern of use. Continuing to use opioids in this way they are currently being used indicates a likelihood of future health and other problems including the possibility of dependence. Risk is increased for those with a past history of substance use related problems and dependence.

### **HIGH= 27 and above**

You are at high risk of experiencing severe problems (health, social, financial, legal, and/or relationship problems) as a result of your current pattern of use and are likely to be dependent. Moreover, persons who have injected drugs in the last 3 months, more than an average of 4 times per month are also likely to be at high risk.

### **NEXT STEPS – What do I do with my score?**

For scores in the moderate or high-risk level, an evaluation and/or follow-up with a health care provider is strongly recommended. Call the SAMSHA National Helpline to be connected to a program specific to your needs in your area. If there remains a concern about opioid misuse, an evaluation is still recommended, even if your scores place you or your loved one in the low-risk level range. Contact the SAMSHA National Helpline for a referral.

**SAMHSA's National Helpline:** Call SAMHSA's National Helpline at 1-800-662-4357 or 1-800-487-4889. SAMHSA's National Helpline is a free, confidential, 24/7, 365-day-a-year treatment referral and information service for individuals and families facing mental and/or substance use disorders. This service provides referrals to local treatment facilities, support groups, and community-based organizations. The National Helpline does not provide counseling. Trained information specialists answer calls, transfer callers to state services or other appropriate intake centers in their states, and connect them with local assistance and support.

Opioid misuse is harmful with many negative consequences. If you or a loved one suspects that you may have a problem with opioids or other substances, please get help. Opioid misuse is a medical condition that can be effectively treated.