

## Leeds Dependence Questionnaire (LDQ)

Think about your drinking and drug use over the last month...

		Never	Sometimes	Often	Nearly Always
1.	Do you find yourself thinking about when you will next be able to have another drink or take more drugs?	0	1	2	3
2.	Is drinking or taking drugs more important than anything else you might do during the day?	0	1	2	3
3.	Do you feel that your need for drink or drugs is too strong to control?	0	1	2	3
4.	Do you plan your days around getting and taking drink or drugs?	0	1	2	3
5.	Do you drink or take drugs in a particular way to increase the effect it gives you?	0	1	2	3
6.	Do you drink or take drugs morning, afternoon, and evening?	0	1	2	3
7.	Do you feel you have to carry on drinking or taking drugs once you have started?	0	1	2	3
8.	Is getting an effect more important than the particular drink or drug that you take?	0	1	2	3
9.	Do you want to take more drink or drugs when the effects start to wear off?	0	1	2	3
10.	Do you find it difficult to cope with life without drink or drugs?	0	1	2	3

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Raistrick, D., Bradshaw, J., Tober, G., et al. (1994) Development of the Leeds Dependence Questionnaire (LDQ): a questionnaire to measure alcohol and opiate dependence in the context of a treatment evaluation package. *Addiction*, 89, 563–72.