

DSM-5-TR Substance Use Disorder (SUD) Checklist

Paraphrased Clinical Version

This checklist is a paraphrased summary of the DSM-5-TR criteria for Substance Use Disorder. It uses original wording and may be freely used or distributed. Circle “Yes” if the statement was true for you in the past 12 months.

1. You used the substance in larger amounts or for longer than intended.
2. You tried to cut down or stop but were unable to.
3. You spent a lot of time obtaining, using, or recovering from it.
4. You experienced strong urges or cravings to use.
5. Use interfered with responsibilities at work, school, or home.
6. You continued using despite problems with family or friends.
7. You gave up or reduced important activities because of use.
8. You used the substance in situations where it could be dangerous.
9. You continued using despite physical or mental harm.
10. You developed tolerance (needing more or noticing less effect).
11. You experienced withdrawal or used the substance to avoid it.

Scoring (Yes responses): 0–1 = No SUD • 2–3 = Mild • 4–5 = Moderate • 6+ = Severe

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