SUBSTANCE USE SEVERITY SCALE (SUSS)

The following questions concern information about your engagement with alcohol and other substances (e.g. prescription and illicit drugs). Carefully read each question and decide which level for each question is the most appropriate.

1. How many times do you drink per week?
   - 0 None
   - 1 Mild: One to three times weekly
   - 2 Moderate: Three to six times weekly
   - 3 Severe: Six to nine times weekly
   - 4 Extreme: Over 10 times weekly

2. How many drinks do you typically have in one day?
   - One drink = 12 oz. of beer, 6 oz. of wine, or 1.5 oz. of liquor
   - 0 None
   - 1 Mild: One to three drinks
   - 2 Moderate: Three to six drinks
   - 3 Severe: Six to nine drinks
   - 4 Extreme: Over 10 drinks

3. How many times have you consumed alcohol in the past month?
   - 0 Once or twice a month
   - 1 Mild: five or six times a month
   - 2 Moderate: 10 to 12 times a month
   - 3 Severe: every weekend day this past month
   - 4 Extreme: almost every day a month

4. How many times do you get the urge to drink weekly?
   - 0 None
   - 1 Mild: The urge occurs at least two times weekly
   - 2 Moderate: The urge occurs at least five times weekly
   - 3 Severe: The urge occurs at least once a day
   - 4 Extreme: The urge occurs multiple times a day

5. How many times do you use a substance, other than alcohol, per week? (e.g., overdosing on prescription drugs or using illegal drugs)
   - 0 None
   - 1 Mild: One to three times weekly
   - 2 Moderate: Three to six times weekly
   - 3 Severe: Six to nine times weekly
   - 4 Extreme: Over 10 times weekly

6. How many times do you use a substance other than alcohol in one day?
   - 0 None
   - 1 Mild: One to two times a day
   - 2 Moderate: Three to five times a day
   - 3 Severe: Six to eight times a day
4 Extreme: Over 8 times a day

7. How many times do you get the urge to use a substance other than alcohol per week?
   0 None
   1 Mild: The urge occurs at least two times weekly
   2 Moderate: The urge occurs at least five times weekly
   3 Severe: The urge occurs at least once a day
   4 Extreme: The urge occurs multiple times a day

8. How often do you abuse multiple substances at one time (i.e. alcohol and drugs)?
   0 Never
   1 Mild: Once or twice in this lifetime
   2 Moderate: A few times a month
   3 Severe: Once or twice a week
   4 Extreme: Multiple days a week or everyday

9. Have you experienced “blackouts” as a result of substance use?
   0 Never
   1 Mild: Once or twice a lifetime
   2 Moderate: A few times in the past year
   3 Severe: A few times in the past month
   4 Extreme: Once or twice a week

10. How often does your spouse (or parent) complain about your involvement with the substance?
    0 Never
    1 Mild: Once or twice but was never brought up again
    2 Moderate: Addressed once or twice every month
    3 Severe: Addressed once or twice a week
    4 Extreme: Addressed every day, sometimes multiples times a day

11. Have you ever gotten in trouble at work or school as a result of abusing a substance?
    0 Never
    1. Mild: Once or twice in my life
    2. Moderate: A few times in the past year
    3. Severe: A few times in the past month
    4. Extreme: A few times each week

12. Do you ever feel bad or guilty about your substance use?
    0 Never
    1. Mild: Once or twice after using a substance.
    2. Moderate: Many times after using a substance.
    3. Severe: Most times after using a substance.
    4. Extreme: Every time I use a substance.

13. Have you ever gone to the hospital because of substance use?
    0 Never
    1. Mild: Once or twice in my life.
    2. Moderate: Three to six times.
3. Severe: Six to nine times.
4. Extreme: Ten or more times.

14. Have you ever gotten in trouble with the law because of substance use (i.e. alcohol and/or drugs)?
   0. Never
   1. Mild: Once or twice in my life
   2. Moderate: Three to six times
   3. Severe: Six to nine times
   4. Extreme: Ten or more times.

15. Have you ever used a substance including drugs or alcohol as a way to help with psychological or physical sensations including mood or pain?
   0. Never
   1. Mild: No more than 3-5 times in my life.
   2. Moderate: 5-8 times
   3. Severe: 8-12 times
   4. Extreme: 13-15+ times

16. Has your substance use or alcohol consumption caused you to experience loss of close relationships, employment, or recreational/vocational activities? (e.g., using drugs or alcohol has caused you to lose friends, significant others and/or employment due to the urge to use or drink?)
   0. Never
   1. Once
   2. More than twice
   3. 3-4 times
   4. 5-6 times