ASSIST

Alcohol, Smoking and Substance Involvement Screening Test (ASSIST)

The ASSIST is a standardized screening tool developed by the WHO to identify levels of use and the associated risks related to alcohol, tobacco, and various psychoactive substances. It allows the psychologist to quickly assess the patient's substance use patterns and to detect potential cases of dependence or problematic use early.

Number of questions	8 questions
Estimated duration	10 minutes
Language	English
Original name	Alcohol, Smoking and Substance Involvement Screening Test
Target audience	Adults, adolescents
Authors	World Health Organization (WHO) (2002)
Category	Addictions

Preview of the 8 questions

In your life, which of the following substances have you ever used (non-medical use only)?

Asked for each substance: tobacco products, alcoholic beverages, cannabis, cocaine, amphetamine-type stimulants, inhalants, sedatives or sleeping pills, hallucinogens, opioids, other.

No | Yes

In the past three months, how often have you used the substances you mentioned (first drug, second drug, etc)?

Asked for each substance: tobacco products, alcoholic beverages, cannabis, cocaine, amphetamine-type stimulants, inhalants, sedatives or sleeping pills, hallucinogens, opioids, other.

Never | Once or twice | Monthly | Weekly | Daily or almost daily

During the past three months, how often have you had a strong desire or urge to use (first drug, second drug, etc)?

Asked for each substance: tobacco products, alcoholic beverages, cannabis, cocaine, amphetamine-type stimulants, inhalants, sedatives or sleeping pills, hallucinogens, opioids, other.

Never | Once or twice | Monthly | Weekly | Daily or almost daily

During the past three months, how often has your use of (first drug, second drug, etc) led to health, social, legal or financial problems?

Asked for each substance: tobacco products, alcoholic beverages, cannabis, cocaine, amphetamine-type stimulants, inhalants, sedatives or sleeping pills, hallucinogens, opioids, other.

Never | Once or twice | Monthly | Weekly | Daily or almost daily

During the past three months, how often have you failed to do what was normally expected of you because of your use of (first drug, second drug, etc)?

Asked for each substance: tobacco products, alcoholic beverages, cannabis, cocaine, amphetamine-type stimulants, inhalants, sedatives or sleeping pills, hallucinogens, opioids, other.

Never | Once or twice | Monthly | Weekly | Daily or almost daily

Administer your questionnaires online

Send your patient a link: they answer from their phone or computer, and you receive the scored results by email.

View the questionnaire on mentaal.org ›

Scoring & interpretation

Each substance is covered by several questions (frequency, consequences, craving, etc.). Responses are scored on a predefined scale. An overall score for each substance places the person in one of three risk levels: low, moderate, or high, thus guiding the appropriate clinical intervention.

Are you a psychologist?

With Mentaal, get meaningful insights to support your patients.

- Standardized tests
- Automatic scoring
- Results sent by email

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“Skeptical at first, I now can't do without this tool in my practice.”

 Elodie C. - CBT Psychologist