

Helping to Identify Adults At-Risk for Substance Addiction

The UNCOPE

The UNCOPE is a six item addiction screen. Hoffman and colleagues developed this in 1999 to identify adults at-risk for substance addiction. The UNCOPE questions are available free of charge for anyone to use. A score of at least 2 is indicative of abuse; 4 or more is indicative of dependency.

- U Have you spent more time drinking or **USING** than you intended to?
- N Have you ever **NEGLECTED** some of your usual responsibilities because of using alcohol or drugs?
- C Have you felt you wanted or needed to **CUT** down on your drinking or drug use?
- O Has anyone **OBJECTED** to your drinking or drug use?
- P Have you found yourself **PREOCCUPIED** with drinking or using?
- E Have you ever used alcohol or drugs to relieve **EMOTIONAL** discomfort, such as sadness, anger, or boredom?

References

Hoffmann, N. G., Hunt, D. E., Rhodes, W. M., Riley, K. J. (2003). UNCOPE: A Brief Substance Dependence Screen for Use with Arrestees. *Journal of Drug Issues*, 33 (1), 29-44.