

UNCOPE*

<u>U</u> = Used	I	C
------------------------	----------	----------

Question: “In the past year, have you drank or **used** drugs more than you meant to?” **Or**
“Have you spent more time drinking or using than you intended to?”

<u>N</u> = Neglected	I	C
-----------------------------	----------	----------

Question: “Have you ever **neglected** some of your usual responsibilities because of using alcohol or drugs?”

<u>C</u> = Cut Down	I	C
----------------------------	----------	----------

Question: “Have you felt you wanted or needed to **cut down** on your drinking or drug use in the last year?”

<u>O</u> = Objected	I	C
----------------------------	----------	----------

Question: “Has anyone **objected** to your drinking or drug use?”

Or

“Has your family, a friend, or anyone else ever told you they objected to your alcohol or drug use?”

<u>P</u> = Preoccupied	I	C
-------------------------------	----------	----------

Question: “Have you ever found yourself **preoccupied** with wanting to use alcohol or drugs?”

Or

“Have you found yourself thinking a lot about drinking or using?”

<u>E</u> = Emotional Discomfort	I	C
--	----------	----------

Question: “Have you ever used alcohol or drugs to relieve **emotional discomfort**, such as sadness, anger, or boredom?”

<p># of Positive responses by <u>I</u>ndividual being screened:</p> <p>_____</p>	<p># of Positive responses indicated by <u>C</u>ollateral information:</p> <p>_____</p>	<p><u>T</u>otal Score (# of positive responses by either <u>I</u>ndividual or <u>C</u>ollateral information/per question):</p> <p>_____</p>
---	--	--

* Two or more positive responses indicate abuse or possible dependence; four or more positive responses strongly indicate dependence. For an individual with a **Total** of **one** positive (Yes) response **recommend** they seek a substance abuse assessment; an individual with a **Total Score** of **two or more** positive (Yes) responses should be **referred** for an assessment/evaluation and possible treatment. **Total Score is from self- report and/or collateral information.**