

How to Use the DAST-10

The DAST-10 poses questions about a person's possible involvement with drugs, *excluding alcoholic beverages*, during the past 12-month period. Each question requires a "yes" or "no" response and can be self-administered or administered by a healthcare professional.

In the questionnaire, "drug abuse" refers to the use of either prescribed or over-the-counter drugs in excess of the directions, as well as any nonmedical use of drugs.

The drugs may include the following classes:

| | |
|-------------------------------|--------------------------|
| Cannabis (marijuana, hashish) | Cocaine |
| Solvents (eg, paint thinner) | Stimulants (eg, "speed") |
| Tranquilizers | Hallucinogens (eg, LSD) |
| Barbiturates | Narcotics (eg, heroin) |

This instrument is designed for screening purposes only and is not to be used as a diagnostic tool.

Interpretation:

Each "yes" response = 1

Scoring:

Degree of problems related to drug abuse/suggested action

| | |
|---|--|
| 0 | No problems reported / None at this time |
| 1 | Low level / Monitor, reassess at a later date |
| 2 | Moderate level / Further investigation |
| 3 | Substantial level / Intensive assessment |

DAST-10

| | Yes | No |
|---|-----|----|
| 1. Have you used drugs other than those required for medical reasons? | | |
| 2. Do you abuse more than one drug at a time? | | |
| 3. Are you unable to stop using drugs when you want to? | | |
| 4. Have you ever had blackouts or flashbacks as a result of drug use? | | |
| 5. Do you ever feel bad or guilty about your drug use? | | |
| 6. Does your spouse (or do your parents) ever complain about your involvement with drugs? | | |
| 7. Have you neglected your family because of your use of drugs? | | |
| 8. Have you engaged in illegal activities in order to obtain drugs? | | |
| 9. Have you ever experienced withdrawal symptoms (felt sick) when you stopped taking drugs? | | |
| 10. Have you had medical problems as a result of your drug use (eg, memory loss, hepatitis, convulsions, bleeding)? | | |

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1. Skinner, Harvey A. The Drug Abuse Screening Test. *Addictive Behavior* 1982;7:363-371.

2. Yudko E, Lozhkina O, Fouts A. A comprehensive review of the psychometric properties of the Drug Abuse Screening Test. *Journal of Substance Abuse Treatment*. 2007;32:189-198.