

RASAI UNCOPE Plus Screening Form

*This document includes the UNCOPE Plus questions developed by Norman G. Hoffmann. The UNCOPE Plus Substance Use Disorder Screen is comprised of three components: an alcohol use scale (items 1-3), a drug use scale (item 4), and the original UNCOPE screening instrument (items 5-10). Below are suggested cut-off scores for brief intervention and referral to treatment. This guidance was developed by the RASAI team, based on advice from the tool's developers and subject matter experts. Please keep in mind that screens merely provide an indication of whether or not an individual appears at risk for a given condition. Screens are inappropriate for use as treatment intake tools and insufficient for determining diagnoses. The guidance below should not, in any way, override your clinical judgment.*

**Alcohol Scale**

1. How often do you have a drink containing alcohol?  
(0) Never  
(1) Monthly or less                      (3) 2 to 3 times a week  
(2) 2 to 4 times a month                (4) 4 or more times a week
  
2. How many drinks containing alcohol do you have on a typical day when you are drinking?  
(0) 1 or 2  
(1) 3 or 4            (3) 7, 8, or 9  
(2) 5 or 6            (4) 10 or more
  
3. How often do you have five or more drinks on one occasion?  
(0) Never  
(1) Less than monthly    (3) Weekly  
(2) Monthly                (4) Daily or almost daily

<b>Total Alcohol Screen Score</b>	
<b>Consider Brief Intervention</b>	Under 21: If total score = 1+ Over 21: If scores on items 2 or 3 = 2+ If item 1 + item 2 = 4+ If female and score on Item 2 = 1+
<b>Consider Referral to Treatment</b>	All: If score 1 = 10+ If item 1 score = 2+ and item 2 score = 1+

**Drug Use Scale**

4. How often do you use marijuana, any other drug, or prescription medication to get high?  
(0) Never  
(1) Monthly or less                      (3) 2 to 3 times a week  
(2) 2 to 4 times a month                (4) 4 or more times a week

<b>Total Drug Use Screen Score</b>	
<b>Consider Brief Intervention</b>	Under 21: If total score = 1+ Over 21: If total score = 2+
<b>Consider Referral to Treatment</b>	All: If total score = 3+

**UNCOPE Screen**

5. Have you spent more time drinking or using drugs than you intended to?

- (0) No
- (1) Yes

6. Have you ever neglected some of your usual responsibilities because of drinking or using drugs?

- (0) No
- (1) Yes

7. Have you felt you wanted or needed to cut down on your drinking or drug use in the last year?

- (0) No
- (1) Yes

8. Has anyone objected to your drinking or drug use?

- (0) No
- (1) Yes

9. Have you found yourself thinking a lot about drinking or using drugs?

- (0) No
- (1) Yes

10. Have you ever used alcohol or drugs to relieve emotional discomfort, such as sadness, anger, or boredom?

- (0) No
- (1) Yes

<b>UNCOPE Score</b>	
<b>Consider Brief Intervention</b>	Under 21: If UNCOPE = 1+ Over 21: If UNCOPE = 2+
<b>Consider Referral to Treatment</b>	All: If UNCOPE = 4+ If UNCOPE = 3+ and items 6 & 8 are positive If UNCOPE = 3+ and items 5 & 7 are positive