Psychoactive Drug History Questionnaire Manual
Psychoactive Drug History Questionnaire Manual
(refer to Psychoactive Drug Classes Appendix III)

- Use only whole numbers when coding
- Do not use words other than in the Comments section
- Do not use ranges, i.e. 4-6. Record only one number
- Record prescription and illicit drug use

⇒ Calendars are to be prepared prior to the appointment, marking out the 90 days to be covered when completing the form, excluding today.

⇒ Use the Calendar to assist clients in recalling the days they used, i.e. weekends vs weekdays, holidays as well as special days such as birthdays, vacations, and exams

For each Drug Type Category:

i. If there has been “no” substance use, check None

ii. When asking about substance use, refer to “street names”, e.g. grass, pot, coke, etc.

iii. Ask if there has been substance use in the past 13 months. Check Yes or No for each drug type, i.e. 2 to 14

iv. Ask if there has been substance use in the past 90 days. If yes,

   a. Record the number of days used in the past 90 days for each substance identified.

   b. For particularly reluctant clients, use the extreme’s method:
      ✓ Every day?
      ✓ Half the time?
      ✓ More or less than half the time?

   c. If there has been no substance use in the past 90 days and describe the pattern of use in the Comments section, e.g. on weekends

v. Record the number of days out of the possible 90 days and describe the pattern of use in the Comments section, e.g. on weekends
vi. Record how long since last substance use for each substance identified, using the following coding scheme:

- ✓ 1 = 24 hours
- ✓ 2 = 1-3 days
- ✓ 3 = within last week
- ✓ 4 = within last month
- ✓ 5 = more than a month ago

vii. Record the typical amount on each day of use in the last 90 days (refer to Guidelines for Quantifying Drug Use on a Typical Substance Using Day, Appendix IV):

a. In the past 90 days, when you used (name of substance), how much did you use?

Note: The number of administrations of a substance is required. The number of times used will need to be averaged, if it is variable. Also, if the client used several substances in one category, add up the number of discrete occasions of use. The name of the substances used, the amount or dosage and pattern of use are to be recorded in the Comments section.

viii. Comments – record the particular substance(s) used, the dosage taken, the length of time used, the pattern of use, and any other clinically significant details.
### 90 Day Window For Drug History Questionnaire, Year 2000

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APRIL 2000
1 Standard Drink =

1 Regular Bottle of BEER
12 OZ / 341 ml of regular BEER (5%)

1 Regular Bottle of WINE
5 oz / 150 ml of regular WINE (10-12%)
3 oz / 90 ml of FORTIFIED WINE (16-18%)

1 Regular shot of HARD LIQUOR
1 1/2 oz / 45 ml of 80-proof HARD LIQUOR (40%)
Standard Drink Conversion Chart

**BEER**
- 1 pint (17 oz / 500 ml) = 1.5 standard drinks
- 1 large can (25 oz / 750 ml) = 2 standard drinks
- 1 king can (32 oz / 950 ml) = 2.7 standard drinks

**WINE**
- 1 bottle (25 oz / 750 ml) = 5 standard drinks
- 1 bottle (40 oz / 1.41 l) = 8 standard drinks

**HARD LIQUOR / SPIRITS**
- 1 mickey (12 oz / 355 ml) = 8 standard drinks
- 1 bottle (25 oz / 750 ml) = 17 standard drinks
- 1 bottle (40 oz / 1.14 l) = 27 standard drinks

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For light or strong drinks, calculate standard drinks as follows:

- 12 oz of 2.5 % **BEER** = 0.5 standard drinks
- 12 oz of 4% **BEER** = 0.8 standard drinks
- 12 oz of 7% **BEER** = 1.4 standard drinks
- 5 oz of 7% - 8% **WINE** = 0.66 standard drinks
## PSYCHOACTIVE DRUG CLASSES
### For Use In Completing the DHQ

1. **None:**

2. **Alcohol:**
   - beer
   - wine
   - after shave
   - mouth wash
   - Liquor
   - liquor
   - extract vanilla

3. **Cocaine:**
   - cocaine
   - crack/free base

4. **Amphetamines/Other Stimulants:**
   - speed
   - crystal
   - ice
   - grit
   - street stimulants = uppers, bennies, reds, white crosses, caffeine pills, such as Wake-Ups, diet pills containing phenylpropanolamine, or ephedrine, bronchodilators
   - methylphenidate = Ritalin
   - phentermine = Ionamin (yellow jackets), Fastin
   - diethylpropion = Tenuate, Nobesine
   - fenfluramine = Ponderal, Pondimin
   - mazindol = Sanorex

5. **Cannabis:**
   - marijuana
   - hash oil
   - weed
   - grass
   - Hash
   - hash honey
   - pot

6. **Benzodiazepines:**
   - chlordiazepoxide = Librium, Novopoxide, Solium
   - diazepam = Valium, Vivol, Novodipam
   - alprazolam = Xanax
   - bromazepam = Lectopam
   - chlorazepate = Tranzene
   - clobazam = Frisium
   - clonazepam = Rivotril
   - flurazepam = Dalmane
   - ketazolam = Loftran
   - lorazepam = Apo-lorazepam, Ativan, Novolorazepam
   - midazolam = Versed
   - nitrazepam = Mogadon
   - oxazepam = Apo-oxazepam, Novozepam, PMS oxazepam, Serax
   - triazolam = Halcion
   - temazepam = Restoril
7. Barbiturates:
- amobarbital = Amytalpentobarbital = Nembutal
- butalbital preparations = Fiorinal phenobarbital
- amobarbital – secobarbital = Tuinal secobarbital = Seconal
- butabarbital = Butisol

8. Heroin/Opium

9. Prescription Opioids:
- Hydrocodone = Hycodan, Novahistex DH, Robidone, Tussionex
- Alfentanil = Alfenta
- Anileridine = Leritine
- Butorphanol = Stadol
- Codeine = Atasol 15, 30; Emprocet 30, 60; Exdol 14, 30;
  Fiorinal C, c; Inbutyss; Robitussin AC;
  Tylenol 2,3,4; 282 282 MEP, 292
- Fentanyl = Sublimze
- Hydromorphone = Dilaudid
- Levorphan = Levo-Dromoran
- Meperidien = Demerol
- Methadone
- Morphine = M.O.S., MS Contim, Statex
- Nalbuphine = Nubain
- Normethadone = Cophylac
- Oxycodone = Endocet, Endodan, Oxycocet, Oxycodan,
  Percocet, Percodan, Supeudol
- Oxymorphone = Numorphan
- Pentazocine = Talwin
- Proproxyphene = Darvon-N, 642, 692
- Sufentanil = Sufenta

10. Over-the Counter Codeine Preparations with up to 8 mg tablet or 20 mg/30ml:
- Tylenol 1 = 222
- AC&C
- Cough syrups with codeine

11. Hallucinogens:
- LSD = acid, blotters STP/Dom
- Psilocybin = shrooms, magic mushrooms TMA
- MDMA = Ecstasy morning glory Seeds = nutmeg
Jimson Weed
Mescaline
PCP = Angel Dust

12. Glue/Other Inhalants:
   Glue solvents PAM
   Gasoline aerosols Liquid Paper

13. Tobacco:
   Cigarettes chewing tobacco Nicorette
   Cigars smokeless tobacco Pipe
   Pipe Nicotine patch

14. Other Psychoactive Drugs and anti-alcohol drugs:
    = disulfiram (Antabuse)
    = calcium carbimide (Temposil)

Major tranquillizers/neuroleptics / antipsychotics:

chlorpromazine = Largactil
haloperidol = Haldol
clozapine, droperidol, flupenthixol, fluphenazine,
fluspirilene, loxapine, mesoridazine,
methotrimeprazine, pericyazine, perphenazine,
pimozide, pipotiazine, prochlorperazine, promazine,
risperidone, thiethylperazine, thiorperazine,
thioridazine, thiothixene, trifluoperazine

Antidepressants:

amitriptyline = Elavil, Etrafone, Levate,
Novo-Triptyn, PMS-Levazine
Amoxapine = Asendin
Fluoxetine = Prozac
Clomipramine, desipramine, doxepin, fluvoxamine,
imipramine, isocarboxazid, maprotiline, moclobemide,
nortriptyline, paroxetine, phenelzine, proprtiptyline,
sertraline, tranylcypromine, trazodone, trimipramine

Lithium
Gravol
Steroids
GUIDELINES FOR QUANTIFYING DRUG USE ON A TYPICAL SUBSTANCE USING DAY

Alcohol = Number of Standard Drinks on a Typical Drinking Day

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<tr>
<th>One Standard Drink =</th>
<th>12 ounces of beer (5% alcohol) OR 2 ounces glass of draft</th>
<th>OR</th>
<th>One pint of draft OR 1.5 ounces liquor</th>
<th>OR</th>
<th>5 ounces table wine OR 3.5 ounces port sherry</th>
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If daily drinking is reported, with increased number of drinks on the weekends, add up the total number of drinks in a week and divide by the number of days used:
- Drinking 2 beers per day, Monday to Thursday = 8 drinks for 4 days
- Drinking 12 beers per day, Friday and Saturday = 24 drinks for 2 days
- $8 + 24 = 32$ drinks divided by 6 days = 5 drinks per day

Cocaine (coke, crack) = Number of Lines, Pipes or Injections on a Typical Drug Using Day

This is probably the most difficult drug to quantify. Record the number of times this drug was administered – either smoked, snorted or injected.

For IV Users:
   i. Ask: how many times has the drug been injected per day
   ii. Record the quantity used in the comments section

For Clients Who Snort:
   i. Ask: how many lines are snorted in a day
   ii. Record the amount of cocaine used in the comments section

For Crack Users:
   i. Light Users:
      a. Ask: how many pipes are smoked in a day = the typical amount
      b. Record the amount of crack used in the comments section
   ii. Heavier Users:
      a. Ask: how many hours do you use in a day (excluding time taken to find more drugs)
      b. Multiple by 3 = typical amount
      c. Record the amount of crack used in the comments section
Example: If the client reports that crack was smoked over an 8 hour period, the typical amount would be 24 (8 x 3)

Amphetamines/Other Stimulants – uppers, bennies, reds, spsed, yellow jackets, crystal meth, Ritalin = Number of Pills, Lines, Injectins on a Typical Drug Using Day

i. Pills:
   a. Ask: how many pills were taken in a day
   b. Record the name of the drug and quantity used in the comments section

ii. Snorters:
   a. Ask: how many lines they usually snorted in a day
   b. Record the name of the drug and quantity used in the comments section

iii. IV Drug Users:
   a. Ask: how many times are they usually injected in a day
   b. Record the name of the drug and quantity used in the comments section

Cannabis – marijuana, grass, oil, hash, weed = Number of Joints, Pipes on a Typical Drug Using Day

| Conversion Formula: marijuana (pot) 1 ounce = 30 joints: 1 gram = 1 joint |
| Hashish 1 gram = 7 joints |

Record in the comments section:

i. How many joints are smoked at a time
ii. When those joints are smoked

Some clients report daily use with increased frequency on the weekends. In these cases:

i. Add up the total number of joints
ii. Divide by the number of days of use

Example: Smoked 1 joint Monday to Thursday = 4 joints for four days
        Smoked 6 joints Friday to Sunday = 18 joints for three days
        4 + 18 = 22 joints divided by 7 days = 3 joints per day

iii. Convert to joints
iv. Record in the comments section
Benzopdiazepines – tranquillizers (i.e. Valium, Librium, Xanax, Ativan) = Number of Pills Taken on a Typical Drug Using Day

Record in the comments section:

i. Drugs(s) used  
ii. Pattern of use  
iii. Dosage

Barbiturates – sleeping pills (i.e. Fiorinal, Tuinal) = Number of Pills Taken on a Typical Drug Using Day

Record in the comments section:

iv. Drugs(s) used  
v. Pattern of use  
vi. Dosage

Heroin/Opium – smack, junk = Number of Injections, Pipes, Lines Used on a Typical Drug Using Day

i. If Injected:
   a. Ask: how many times are they injected in a day  
   b. Record the quantity used in the comments section

ii. If Snorted:
   a. Ask: how many lines  
   b. Record the quantity used in the comments section

iii. Client Who Smokes Heroin:
   a. Ask: how many pipes are smoked in a day  
   b. Record the quantity used in the comments section

Prescription Opiods – Percodan, Darvon, Demerol, Tylenol 2,3,4,282`s,292` s = Number of Pills Used on a Typical Using Day

Record in the comments section:

i. Drug(s) used  
ii. Pattern of use  
iii. Dosage
Over-the Counter Codeine Preparations – 222’s, tylenol 1, AC&C, cough syrups with codeine = 
*Number of Pills Taken on a Typical Drug Using Day*

i. Drug(s) used
ii. Pattern of use
iii. Dosage

Note: Only code when it is abused, i.e. more than the recommended dose is taken

Hallucinations – ecstasy, acid, LSD, mushrooms, shrooms, mescaline = *Number of Discrete Episodes of Use on a Typical Drug Using Day*

Example: If the client reported 3 hits of acid at one time, this would be a frequency of 1

Record in the comments section:
  i. Drug(s) used
  ii. Quantity (3 hits)

Glue/Other Inhalants – glue, gasoline, liquid paper, Pam, paint = *Number of Tubes/Episodes of Use on a Typical Drug Using Day*

Often if used over a period of time in the day, the typical amount will need to be estimated. As for crack, we can assume 3 uses per hour. So, if the client sniffed for a 3 hour period, the typical amount would be 9.

Tobacco = *Number of Cigarettes Typically Smoked in a Day*

Other Psychoactive Drugs – Prozac, Gravol, Steroids, Rush, Locker Room = *Number of Pills Taken on a Typical Drug Using Day*

Record in the comments section:
  i. Drug(s) used
  ii. Pattern of use
  iii. Dosage)
Oddities – speedballs (cocaine and heroin) – *treat as 2 separate drugs*

Record in the comments section under both heroin and cocaine:

i. Frequency of use  
ii. Typical amount

Note: Make a notation in the comments section that heroin and cocaine were used together, especially if IV use
Number of Drinks Consumed in a week by Adults Surveyed in Canada*

**MEN**
Average number of drinks per week = 5.3

- 38% 0 drinks
- 5% 22+ drinks
- 13% 18-14 drinks
- 5% 15-21 drinks
- 39% 1-7 drinks

**WOMEN**
Average number of drinks per week = 2.0

- 57% 0 drinks
- 37% 1-7 drinks
- 5% 8-14 drinks
- 1% 15+ drinks

Your Average is _____ drinks/week

*from the 1989 National Alcohol and Drug Survey
Relationship of Drinking to Mortality*

Cardiovascular (heart/stroke) Disease for Men and Women

Liver Cirrhosis for Men

All Cancers for Men

Breast Cancer for Women

* Blackwell et al., Dryer et al., 1980; Klatsky et al., Hiatt & Bawol, 1984
Cocaine or Crack use by Adults Surveyed in Canada

Where do you fit in?

Ever Used

3.5% Ever Used

96.5% Never Used

Current Users

1.4% Current Users

98.6% Not Current Users
Cannabis use by Adults Surveyed in Canada

Where do you fit in?

Ever Used
- 23% Ever Used
- 77% Never Used

Current Users
- 6.5% Current Users
- 93.5% Not Current Users