

Handout:
Example of Screening Questions

The UNCOPE

- U – Have you continued to use alcohol or drugs longer than you intended?
- N – Have you ever neglected some of your usual responsibilities because of alcohol or drug use?
- C – Have you ever wanted to cut down or stop using alcohol or drugs but couldn't?
- O – Has your family, a friend or anyone else ever told you they objected to your alcohol or drug use?
- P – Have you ever found yourself preoccupied with wanting to use alcohol or drugs?
- E – Have you ever used alcohol or drugs to relieve emotional discomfort, such as sadness, anger or boredom?

Scoring: Two or more positive responses indicate possible abuse or dependence and need for further assessment