

LDQ

Leeds Dependence Questionnaire

Purpose : Assessment of alcohol dependence

Admin time : 5 min

User Friendly : High

Administered by : GP or nurse or self-administered

Content : 10 item clinical screening tool designed to measure the presence and level of alcohol dependence.

Author : Reistrick D, 1994 **access**

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<https://www.cgakit.com/ldq>

Leeds Dependence Questionnaire (LDQ)

Name : _____ Date : _____

Assessed by : _____

Think about your drinking and drug use over the last month...

		Never	Sometimes	Often	Nearly Always
1.	Do you find yourself thinking about when you will next be able to have another drink or take more drugs?	0	1	2	3
2.	Is drinking or taking drugs more important than anything else you might do during the day?	0	1	2	3
3.	Do you feel that your need for drink or drugs is too strong to control?	0	1	2	3
4.	Do you plan your days around getting and taking drink or drugs?	0	1	2	3
5.	Do you drink or take drugs in a particular way to increase the effect it gives you?	0	1	2	3
6.	Do you drink or take drugs morning, afternoon, and evening?	0	1	2	3
7.	Do you feel you have to carry on drinking or taking drugs once you have started?	0	1	2	3
8.	Is getting an effect more important than the particular drink or drug that you take?	0	1	2	3
9.	Do you want to take more drink or drugs when the effects start to wear off?	0	1	2	3
10.	Do you find it difficult to cope with life without drink or drugs?	0	1	2	3

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Scoring

All items are scored 0-1-2-3 giving a maximum of 30.

A maximum of two unanswered items can be pro-rated by allocating the mean score for the valid responses. Reliable change is considered a change greater or equal to 4.

A functional (low dependence) population score for males is less than 10; and for females is less than 5.

Score	Level of dependence related to alcohol and drugs
0-10	Low dependence
11-20	Moderate Dependence
21-30	Severe dependence

Raistrick, D., Bradshaw, J., Tober, G., et al. (1994) Development of the Leeds Dependence Questionnaire (LDQ): a questionnaire to measure alcohol and opiate dependence in the context of a treatment evaluation package. *Addiction*, 89, 563–72.