

Brief Screener for Substance and Behavioural Addiction (SSBA): User's Guide

July 2026

Purpose

The Brief Screener for Substance and Behavioural Addiction (SSBA) is designed to identify individuals who have had excessive and problematic involvement or are considered at risk for any of 10 behaviours where involvement significantly causes impairment.

Behaviours Assessed

- Alcohol
- Tobacco
- Marijuana
- Cocaine
- Gambling
- Over Working
- Overeating
- Sex
- Video gaming
- Shopping

Additional Validated Behaviours

- Opioids
 - Exercise
 - Studying
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Notable Features

- The SSBA items were derived from lay public perceptions of indicators of excessive involvement in 10 different behaviours. Additional behaviours have been identified as an extension of the original 10.
 - Each behaviour is assessed using 4 self-report items that represent the four most common domains of problems identified by individuals experiencing the problem, individuals who know someone personally with that problem, and a member of the public without any personal involvement.
 - The SSBA has been shown to be reliable and valid for use in both general population and clinical population samples.
 - The scale is contained in Appendix A. Appendix B provides an alternative format for the scale, which has not been fully validated.
 - The SSBA User's guide offers different population samples each with a scoring system specifically designed for the scale.
 - The substance cocaine can be referred to in various ways depending on the research context and application. In the SSBA, a frequent category used in place of cocaine is psychostimulants.
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Administration and Scoring

Community Sample

Each item is scored from 0 (none of the time; I didn't do this at all) to 4 (all of the time), and the four items for each behaviour are summed to produce a total score ranging from 0 to 16.

None of the time	A little of the time	Some of the time	Most of the time	All of the time	I didn't do this at all	Don't know/ prefer not to say
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Individuals scoring 2 or above on the alcohol, marijuana, cocaine, gambling, video gaming, sex, overeating and over working scales are considered “cases”. Individuals scoring 1 or above on the tobacco and shopping scales are considered “cases”. As with all screening instruments, further assessment is warranted to confirm a formal diagnosis.

Scores may be prorated if one of the 4 items is omitted or marked as “don't know/prefer not to say”. Prorating is by the standard formula $((\text{person's total out of } 3) \times 4) / 3$.

Behaviours can be omitted from the scale as desired.

Behaviours (e.g., exercise) or substances (opioids) should only be added to the scale if additional validation data are collected prior to or concurrent with the change.

The following table is reprinted from the technical report and provides the Area under the Curve (AUC), 95% confidence intervals for AUC, optimal cut-off scores, corresponding

sensitivity, specificity, positive predictive value (PPV), and negative predictive value (NPV) for each behaviour broken down by predictor variable. Scores greater than or equal to the cutoff score are used to indicate a positive case. The PPV indicated the proportion of people who are screened as “cases” who also indicated a need to change the behaviour, self-described themselves as having a problem, and had actually sought help for the problem. The NPV is the proportion of “non-cases” that did not indicate a need for behaviour change, did not self-identify as having a problem, and had not sought help for that problem.

Behaviour	Cutoff	Need for Behaviour Change						Problem Attribution						Help-Seeking					
		AUC	95% CI s	Sensitivity	Specificity	PPV	NPV	AUC	95% CI	Sensitivity	Specificity	PPV	NPV	AUC	95%CI	Sensitivity	Specificity	PPV	NPV
Alcohol	2	.89	.85 - .93	.90	.80	.55	.97	.82	.76 - .88	.75	.74	.38	.93	.94	.91 - .96	1.00	.68	.14	1.00
Tobacco	1	.86	.81 - .91	.90	.72	.73	.89	.86	.81 - .91	.92	.66	.62	.93	.77	.90 - .85	.88	.50	.27	.95
Cannabis	2	.85	.73 - .96	.75	.85	.36	.97	.85	.74 - .95	.73	.88	.48	.95	.76	.52 - .99	.67	.81	.12	.98
Cocaine	2	.88	.80 - .97	1.00	.81	.49	1.00	.91	.84 - .99	1.00	.82	.55	1.00	.90	.82 - .99	1.00	.74	.24	1.00
Gambling	2	.86	.79 - .93	.80	.86	.48	.96	.75	.68 - .82	.59	.86	.54	.89	.91	.80 - 1.00	.91	.80	.15	1.00
Shopping	1	.77	.71 - .82	.83	.66	.44	.92	.80	.73 - .86	.84	.60	.24	.96	.87	.77 - .97	.93	.56	.06	1.00
Gaming	2	.86	.80 - .91	.79	.76	.43	.94	.73	.65 - .80	.58	.73	.40	.85	.81	.68 - .94	.85	.68	.11	.99
Over-eating	2	.83	.79 - .87	.81	.75	.73	.83	.83	.79 - .87	.77	.80	.81	.75	.76	.69 - .83	.84	.54	.19	.96
Sexual Activity	2	.74	.65 - .82	.58	.78	.25	.94	.77	.68 - .87	.69	.78	.22	.97	.81	.68 - .95	.75	.76	.09	.99

Over-working	2	.81	.76 - .85	.84	.68	.55	.90	.77	.72 - .82	.80	.67	.54	.88	.74	.63 - .85	.83	.54	.11	.98
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Table 12 of the technical report.

The following table provides the sensitivity, specificity, NPV, and PPV of all possible threshold scores calculated from the validation data set.

Behaviour	Threshold	Need for Behaviour Change				Problem Attribution				Help Seeking			
		Sensitivity	Specificity	NPV	PPV	Sensitivity	Specificity	NPV	PPV	Sensitivity	Specificity	NPV	PPV
Alcohol	1	0.94	0.67	0.98	0.43	0.83	0.62	0.95	0.31	1.00	0.56	1.00	0.10
	2	0.90	0.80	0.97	0.55	0.75	0.74	0.93	0.38	1.00	0.68	1.00	0.14
	3	0.79	0.86	0.94	0.61	0.70	0.82	0.93	0.45	1.00	0.76	1.00	0.17
	4	0.65	0.89	0.90	0.61	0.69	0.87	0.93	0.53	1.00	0.81	1.00	0.21
	5	0.58	0.92	0.89	0.66	0.61	0.91	0.92	0.57	1.00	0.85	1.00	0.25
	6	0.49	0.95	0.87	0.71	0.53	0.94	0.91	0.63	0.89	0.89	0.99	0.29
	7	0.43	0.96	0.86	0.76	0.47	0.95	0.90	0.68	0.78	0.91	0.99	0.30
	8	0.40	0.97	0.85	0.80	0.44	0.97	0.89	0.74	0.67	0.92	0.98	0.30
	9	0.31	0.98	0.84	0.81	0.36	0.98	0.88	0.77	0.50	0.94	0.97	0.29
	10	0.22	0.99	0.82	0.82	0.30	0.99	0.87	0.86	0.39	0.96	0.97	0.32
	11	0.20	0.99	0.82	0.84	0.27	0.99	0.87	0.89	0.28	0.96	0.96	0.26
	12	0.17	0.99	0.81	0.82	0.23	0.99	0.86	0.88	0.22	0.96	0.96	0.24
	13	0.11	0.99	0.80	0.82	0.17	1.00	0.85	1.00	0.06	0.97	0.95	0.09
	14	0.09	1.00	0.80	0.88	0.13	1.00	0.85	1.00	0.06	0.98	0.95	0.13
	15	0.02	1.00	0.79	0.67	0.05	1.00	0.84	1.00	0.00	0.99	0.95	0.00
Tobacco	1	0.90	0.72	0.89	0.73	0.92	0.66	0.93	0.62	0.88	0.50	0.95	0.27
	2	0.84	0.74	0.84	0.74	0.87	0.70	0.90	0.64	0.85	0.55	0.94	0.29
	3	0.81	0.80	0.83	0.78	0.85	0.75	0.89	0.68	0.85	0.60	0.95	0.31
	4	0.72	0.84	0.78	0.80	0.75	0.80	0.84	0.70	0.80	0.66	0.94	0.33
	5	0.68	0.88	0.76	0.83	0.72	0.83	0.83	0.73	0.75	0.70	0.93	0.34
	6	0.63	0.90	0.74	0.85	0.68	0.87	0.82	0.76	0.73	0.73	0.93	0.37
	7	0.58	0.90	0.71	0.84	0.67	0.89	0.81	0.79	0.68	0.75	0.92	0.36
	8	0.53	0.91	0.69	0.84	0.61	0.90	0.79	0.79	0.65	0.78	0.91	0.38
	9	0.45	0.94	0.66	0.87	0.52	0.93	0.76	0.81	0.58	0.83	0.90	0.42
	10	0.42	0.96	0.66	0.90	0.49	0.95	0.75	0.86	0.55	0.85	0.90	0.44
	11	0.36	0.97	0.64	0.90	0.41	0.95	0.72	0.83	0.45	0.87	0.88	0.42
	12	0.30	0.97	0.61	0.89	0.33	0.95	0.70	0.80	0.40	0.89	0.87	0.44
	13	0.28	0.98	0.61	0.94	0.31	0.96	0.69	0.84	0.38	0.91	0.87	0.47
	14	0.23	0.98	0.60	0.92	0.27	0.98	0.69	0.88	0.33	0.93	0.87	0.48
	15	0.16	0.98	0.57	0.89	0.20	0.99	0.67	0.89	0.18	0.93	0.84	0.35

	16	0.11	0.98	0.56	0.86	0.99	0.14	0.65	0.86	0.13	0.95	0.83	0.33
Cannabis	1	0.81	0.80	0.97	0.32	0.77	0.82	0.96	0.41	0.67	0.76	0.98	0.10
	2	0.75	0.85	0.97	0.36	0.73	0.88	0.95	0.48	0.67	0.81	0.98	0.12
	3	0.75	0.87	0.97	0.40	0.73	0.90	0.95	0.53	0.67	0.83	0.98	0.13
	4	0.69	0.90	0.96	0.44	0.68	0.93	0.95	0.60	0.67	0.86	0.98	0.16
	5	0.69	0.91	0.96	0.46	0.68	0.93	0.95	0.63	0.67	0.87	0.99	0.17
	6	0.69	0.93	0.96	0.52	0.64	0.95	0.94	0.67	0.67	0.89	0.99	0.19
	7	0.56	0.94	0.95	0.50	0.59	0.96	0.94	0.72	0.67	0.91	0.99	0.22
	9	0.44	0.96	0.94	0.54	0.50	0.99	0.92	0.85	0.50	0.93	0.98	0.23
	10	0.31	0.96	0.92	0.50	0.36	0.99	0.91	0.80	0.17	0.94	0.97	0.10
	11	0.31	0.97	0.93	0.56	0.36	0.99	0.91	0.89	0.17	0.95	0.97	0.11
	12	0.19	0.98	0.91	0.50	0.27	1.00	0.89	1.00	0.17	0.97	0.97	0.17
	13	0.19	0.99	0.91	0.60	0.23	1.00	0.89	1.00	0.17	0.97	0.97	0.20
	14	0.13	1.00	0.91	1.00	0.09	1.00	0.87	1.00	0.17	0.99	0.97	0.50
	16	0.06	1.00	0.90	1.00	0.05	1.00	0.87	1.00	0.17	1.00	0.97	1.00
Cocaine	1	1.00	0.80	1.00	0.47	1.00	0.81	1.00	0.53	1.00	0.73	1.00	0.24
	3	1.00	0.82	1.00	0.50	1.00	0.84	1.00	0.56	1.00	0.75	1.00	0.25
	5	0.88	0.86	0.97	0.54	0.89	0.88	0.97	0.62	1.00	0.81	1.00	0.31
	6	0.75	0.86	0.95	0.50	0.78	0.88	0.95	0.58	1.00	0.83	1.00	0.33
	8	0.63	0.86	0.93	0.45	0.67	0.88	0.93	0.55	1.00	0.85	1.00	0.36
	9	0.50	0.89	0.91	0.44	0.56	0.91	0.91	0.56	0.75	0.88	0.98	0.33
	11	0.38	0.89	0.89	0.38	0.44	0.91	0.89	0.50	0.50	0.88	0.95	0.25
	12	0.25	0.91	0.87	0.33	0.33	0.93	0.87	0.50	0.50	0.92	0.96	0.33
	13	0.13	0.91	0.85	0.20	0.22	0.93	0.85	0.40	0.25	0.92	0.94	0.20
	14	0.13	0.93	0.85	0.25	0.22	0.95	0.85	0.50	0.25	0.94	0.94	0.25
	15	0.00	0.95	0.84	0.00	0.11	0.98	0.84	0.50	0.00	0.96	0.92	0.00
Gambling	1	0.83	0.78	0.97	0.38	0.66	0.79	0.89	0.46	0.91	0.72	1.00	0.12
	2	0.80	0.86	0.96	0.48	0.59	0.86	0.89	0.54	0.91	0.80	1.00	0.15
	3	0.70	0.90	0.95	0.54	0.49	0.90	0.87	0.57	0.91	0.85	1.00	0.19
	4	0.60	0.93	0.93	0.59	0.41	0.92	0.85	0.60	0.82	0.88	0.99	0.22
	5	0.50	0.98	0.92	0.77	0.30	0.96	0.83	0.69	0.73	0.93	0.99	0.31
	6	0.45	0.98	0.92	0.78	0.28	0.97	0.83	0.74	0.73	0.95	0.99	0.35
	7	0.43	0.98	0.91	0.81	0.26	0.98	0.83	0.76	0.73	0.95	0.99	0.38
	8	0.43	0.99	0.91	0.85	0.25	0.98	0.83	0.75	0.73	0.96	0.99	0.40
	9	0.25	1.00	0.89	1.00	0.15	1.00	0.81	0.90	0.45	0.98	0.98	0.50
	10	0.23	1.00	0.89	1.00	0.13	1.00	0.81	0.89	0.45	0.99	0.98	0.56
	12	0.20	1.00	0.88	1.00	0.11	1.00	0.81	0.88	0.36	0.99	0.97	0.50
	13	0.13	1.00	0.88	1.00	0.08	1.00	0.80	1.00	0.18	0.99	0.97	0.40
	14	0.08	1.00	0.87	1.00	0.05	1.00	0.80	1.00	0.09	0.99	0.96	0.33
	15	0.05	1.00	0.87	1.00	0.03	1.00	0.79	1.00	0.09	1.00	0.96	0.50
Shopping	1	0.83	0.66	0.92	0.44	0.60	0.84	0.96	0.24	0.93	0.56	1.00	0.06
	2	0.60	0.78	0.86	0.47	0.75	0.71	0.94	0.29	0.93	0.71	1.00	0.09
	3	0.46	0.86	0.83	0.51	0.84	0.62	0.94	0.37	0.86	0.80	0.99	0.12
	4	0.36	0.89	0.81	0.51	0.88	0.53	0.93	0.41	0.79	0.85	0.99	0.14
	5	0.34	0.93	0.81	0.62	0.92	0.47	0.92	0.46	0.64	0.89	0.99	0.15

	6	0.25	0.96	0.80	0.64	0.96	0.43	0.92	0.60	0.57	0.92	0.99	0.19
	7	0.21	0.97	0.79	0.68	0.96	0.34	0.91	0.59	0.50	0.94	0.98	0.21
	8	0.17	0.97	0.78	0.63	0.97	0.29	0.90	0.57	0.43	0.94	0.98	0.20
	9	0.08	0.97	0.77	0.50	0.98	0.16	0.89	0.50	0.14	0.96	0.97	0.11
	10	0.05	0.98	0.76	0.43	0.98	0.10	0.88	0.43	0.14	0.97	0.97	0.14
	11	0.05	0.98	0.76	0.45	0.98	0.09	0.88	0.45	0.14	0.98	0.97	0.18
	12	0.02	0.99	0.76	0.33	0.99	0.07	0.88	0.67	0.07	0.99	0.97	0.17
	13	0.01	0.99	0.76	0.33	1.00	0.03	0.87	0.67	0.07	1.00	0.97	0.33
	15	0.00	1.00	0.75	0.00	1.00	0.02	0.87	1.00	0.00	1.00	0.97	0.00
Gaming	1	0.92	0.65	0.97	0.38	0.72	0.63	0.88	0.37	0.85	0.56	0.99	0.08
	2	0.79	0.76	0.94	0.43	0.58	0.73	0.85	0.40	0.85	0.68	0.99	0.11
	3	0.75	0.83	0.94	0.51	0.57	0.81	0.86	0.48	0.85	0.75	0.99	0.14
	4	0.70	0.87	0.93	0.54	0.51	0.85	0.85	0.50	0.77	0.78	0.99	0.14
	5	0.64	0.91	0.92	0.62	0.45	0.88	0.84	0.54	0.77	0.83	0.99	0.18
	6	0.57	0.93	0.90	0.64	0.43	0.92	0.84	0.61	0.77	0.86	0.99	0.21
	7	0.43	0.94	0.88	0.62	0.34	0.93	0.82	0.59	0.54	0.89	0.98	0.18
	8	0.32	0.95	0.86	0.59	0.26	0.94	0.81	0.59	0.38	0.91	0.97	0.17
	9	0.25	0.96	0.85	0.57	0.23	0.97	0.81	0.68	0.31	0.93	0.97	0.17
	10	0.17	0.96	0.83	0.50	0.20	0.98	0.80	0.76	0.23	0.94	0.96	0.17
	11	0.13	0.97	0.83	0.50	0.15	0.99	0.79	0.77	0.23	0.96	0.96	0.21
	12	0.11	0.98	0.83	0.55	0.12	0.99	0.79	0.80	0.23	0.97	0.96	0.27
	13	0.06	0.99	0.82	0.50	0.06	1.00	0.78	0.80	0.08	0.98	0.96	0.17
	14	0.06	0.99	0.82	0.60	0.05	1.00	0.77	0.75	0.00	0.98	0.95	0.00
	15	0.06	1.00	0.82	0.75	0.03	1.00	0.77	0.67	0.00	0.99	0.95	0.00
Eating	1	0.89	0.61	0.83	0.72	0.91	0.56	0.88	0.64	0.90	0.37	0.97	0.16
	2	0.77	0.80	0.75	0.81	0.81	0.75	0.83	0.73	0.84	0.54	0.96	0.19
	3	0.63	0.86	0.67	0.84	0.68	0.82	0.75	0.76	0.78	0.65	0.96	0.22
	4	0.50	0.91	0.61	0.86	0.54	0.87	0.69	0.78	0.70	0.74	0.95	0.26
	5	0.41	0.93	0.58	0.87	0.46	0.91	0.67	0.81	0.60	0.79	0.94	0.27
	6	0.34	0.96	0.56	0.90	0.38	0.94	0.64	0.85	0.52	0.84	0.93	0.30
	7	0.29	0.96	0.54	0.89	0.34	0.96	0.63	0.87	0.46	0.86	0.93	0.30
	8	0.23	0.97	0.52	0.90	0.27	0.97	0.61	0.87	0.38	0.89	0.92	0.31
	9	0.15	0.98	0.50	0.88	0.18	0.98	0.58	0.88	0.28	0.93	0.91	0.35
	10	0.12	1.00	0.50	0.97	0.14	1.00	0.58	0.97	0.22	0.96	0.90	0.39
	11	0.09	1.00	0.49	1.00	0.11	1.00	0.57	1.00	0.14	0.97	0.90	0.35
	12	0.07	1.00	0.48	1.00	0.09	1.00	0.56	1.00	0.10	0.97	0.89	0.31
	13	0.04	1.00	0.48	1.00	0.05	1.00	0.55	1.00	0.10	0.99	0.89	0.56
	14	0.03	1.00	0.47	1.00	0.04	1.00	0.55	1.00	0.06	0.99	0.89	0.43
	15	0.02	1.00	0.47	1.00	0.03	1.00	0.55	1.00	0.06	0.99	0.89	0.60
	16	0.01	1.00	0.47	1.00	0.01	1.00	0.54	1.00	0.02	1.00	0.89	0.50
Sex	1	0.70	0.75	0.97	0.18	0.70	0.70	0.95	0.22	0.83	0.68	0.99	0.07
	2	0.78	0.69	0.97	0.22	0.58	0.78	0.94	0.25	0.75	0.76	0.99	0.09
	3	0.84	0.59	0.96	0.25	0.51	0.84	0.93	0.29	0.58	0.82	0.98	0.09
	4	0.87	0.47	0.95	0.24	0.44	0.87	0.93	0.30	0.58	0.86	0.99	0.11
	5	0.90	0.47	0.95	0.30	0.42	0.91	0.93	0.36	0.58	0.89	0.99	0.14

	6	0.93	0.38	0.94	0.31	0.35	0.93	0.92	0.38	0.50	0.92	0.98	0.16
	7	0.95	0.34	0.94	0.35	0.28	0.95	0.91	0.39	0.50	0.94	0.98	0.20
	8	0.97	0.34	0.94	0.48	0.26	0.97	0.91	0.48	0.42	0.95	0.98	0.22
	9	0.98	0.34	0.94	0.61	0.23	0.98	0.91	0.56	0.42	0.97	0.98	0.28
	10	0.98	0.31	0.94	0.63	0.23	0.98	0.91	0.63	0.42	0.97	0.98	0.31
	11	0.99	0.28	0.94	0.64	0.21	0.99	0.91	0.64	0.42	0.98	0.98	0.36
	12	0.99	0.22	0.94	0.70	0.14	0.99	0.90	0.60	0.33	0.98	0.98	0.40
	13	1.00	0.13	0.93	0.80	0.09	1.00	0.90	0.80	0.17	0.99	0.97	0.40
	14	1.00	0.09	0.93	1.00	0.07	1.00	0.90	1.00	0.08	0.99	0.97	0.33
	15	1.00	0.03	0.92	1.00	0.02	1.00	0.89	1.00	0.00	1.00	0.97	0.00
Work	1	0.88	0.54	0.90	0.48	0.93	0.57	0.95	0.50	0.83	0.42	0.97	0.09
	2	0.80	0.67	0.88	0.54	0.84	0.68	0.90	0.55	0.83	0.54	0.98	0.11
	3	0.70	0.72	0.83	0.55	0.71	0.72	0.84	0.55	0.75	0.61	0.97	0.12
	4	0.57	0.80	0.80	0.58	0.58	0.80	0.80	0.58	0.71	0.71	0.97	0.14
	5	0.49	0.87	0.78	0.64	0.50	0.87	0.79	0.64	0.67	0.78	0.97	0.17
	6	0.39	0.88	0.75	0.62	0.41	0.90	0.76	0.65	0.50	0.82	0.96	0.16
	7	0.27	0.91	0.72	0.60	0.30	0.93	0.74	0.66	0.38	0.87	0.95	0.16
	8	0.25	0.94	0.72	0.67	0.27	0.95	0.74	0.73	0.38	0.89	0.95	0.20
	9	0.21	0.95	0.71	0.68	0.22	0.96	0.72	0.70	0.33	0.91	0.95	0.21
	10	0.17	0.96	0.70	0.66	0.19	0.96	0.72	0.71	0.29	0.93	0.95	0.22
	11	0.13	0.98	0.70	0.73	0.14	0.98	0.71	0.76	0.21	0.95	0.95	0.23
	12	0.11	0.98	0.70	0.74	0.12	0.98	0.70	0.74	0.17	0.96	0.94	0.21
	13	0.07	0.99	0.69	0.82	0.08	0.99	0.70	0.82	0.13	0.98	0.94	0.27
	14	0.05	1.00	0.68	0.86	0.05	1.00	0.69	0.86	0.13	0.99	0.94	0.43
	15	0.04	1.00	0.68	1.00	0.04	1.00	0.69	1.00	0.08	0.99	0.94	0.40
	16	0.02	1.00	0.68	1.00	0.03	1.00	0.69	1.00	0.04	0.99	0.94	0.33

Table of possible threshold scores with corresponding sensitivity, specificity, NPV and PPV. Scores greater than or equal to the threshold indicate a positive case.

Administration and Scoring

University Sample

Each item is scored from 0 (none of the time; I didn't do this at all) to 4 (all of the time), and the four items for each behaviour are summed to produce a total score ranging from 0 to 16.

None of the time	A little of the time	Some of the time	Most of the time	All of the time	I didn't do this at all	Don't know/ prefer not to say
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Individuals scoring 2 or above on the alcohol, marijuana, psychostimulants, gambling, video gaming, sex, shopping, overeating, and over working scales are considered "cases". Individuals scoring 1 or above on the tobacco scale are considered "cases". As with all screening instruments, further assessment is warranted to confirm a formal diagnosis.

Scores may be prorated if one of the 4 items is omitted or marked as "don't know/prefer not to say". Prorating is by the standard formula $((\text{person's total out of } 3) \times 4) / 3$.

Behaviours can be omitted from the scale as desired.

Behaviours (e.g., exercise) or substances (opioids) should only be added to the scale if additional validation data are collected prior to or concurrent with the change.

The following table has been reproduced from a study examining the performance of the SSBA amongst university students providing sample size, mean scores, and standard deviations for past year problem attributions, need for behaviour change, and help-seeking behaviour within the targeted behaviours.

Target Behaviour	Problem Attribution				Need for behaviour change				Help-seeking			
	No		Yes (past year)		No		Yes (past year)		No		Yes (past year)	
	<i>n</i>	<i>M(SD)</i>	<i>n</i>	<i>M(SD)</i>	<i>n</i>	<i>M(SD)</i>	<i>n</i>	<i>M(SD)</i>	<i>n</i>	<i>M(SD)</i>	<i>n</i>	<i>M(SD)</i>
Alcohol	196	1.46 (2.11)	25	6.24 (3.87)	179	1.22 (1.75)	53	4.96 (3.78)	228	1.96 (2.68)	4	9.00 (3.16)
Tobacco	160	0.13 (0.67)	35	5.69 (5.47)	161	0.19 (0.90)	46	4.30 (5.29)	202	1.13 (3.15)	5	0.00 (0.00)
Cannabis	176	0.51 (1.41)	20	6.85 (4.26)	164	0.30 (0.80)	39	5.21 (4.09)	200	1.21 (2.67)	3	3.67 (5.51)
Psychostimulants	179	0.21 (0.88)	12	5.00 (4.95)	177	0.23 (0.90)	20	4.15 (4.78)	195	0.51 (1.91)	8	2.75 (3.88)
Opioids	174	0.02 (0.30)	2	0.00 (0.00)	174	0.02 (0.30)	5	1.00 (2.24)	176	0.05 (0.48)	3	0.00 (0.00)
Gambling	190	0.19 (0.73)	2	3.00 (2.83)	161	0.81 (1.45)	4	1.75 (2.22)	193	0.21 (0.74)	2	2.50 (3.34)
Shopping	136	1.81 (1.92)	98	6.84 (3.56)	90	1.59 (1.98)	160	5.20 (3.23)	241	3.77 (3.56)	9	7.33 (3.64)
Videogaming	186	1.09 (1.75)	21	5.52 (3.53)	161	0.81 (1.45)	72	3.71 (3.37)	230	1.62 (2.41)	3	8.33 (3.79)
Eating	113	5.05 (3.73)	111	8.14 (3.46)	84	5.54 (3.93)	165	7.21 (3.72)	206	6.25 (3.70)	43	8.53 (4.12)
Sex	197	1.96 (2.60)	39	6.10 (4.13)	198	2.05 (2.79)	51	5.06 (4.07)	240	2.64 (3.32)	9	3.33 (3.12)
Exercise	193	3.03 (2.77)	35	7.34 (4.22)	211	3.25 (3.11)	37	6.37 (3.70)	224	3.50 (3.27)	24	5.13 (4.31)
Work	84	2.54 (2.54)	76	6.00 (3.76)	94	2.83 (2.82)	74	6.03 (3.70)	159	4.08 (3.47)	9	7.00 (4.85)
Study	133	3.64 (3.25)	94	7.60 (4.03)	188	4.61 (3.62)	62	7.73 (4.48)	219	5.30 (3.95)	32	5.91 (4.81)

Table 4 from Validation and Performance of the Brief Screener for Substance and Behavioural Addiction (SSBA) Amongst University Students.

For each behaviour, the table below reports AUC with 95% confidence intervals, optimal cut-off scores, sensitivity, specificity, Youden's J, PPV, NPV, and criterion measures with their corresponding instrument, and sample size.

Target Behaviour	SSBA								Criterion Measure			
	Cut Score	AUC	95% CI	Sensitivity	Specificity	Youden's J	PPV	NPV	Instrument	<i>n</i>	AUC	95% CI
Tobacco	1	.84	[.75, .93]	.71	.94	.65	.17	.83	CDS-5	27	.84	[.73, .95]
Sex	3	.80	[.72, .88]	.85	.68	.53	.16	.84	BYSAS	24	.86	[.73, .99]
Cannabis	3	.94	[.88, .1.00]	.85	.93	.78	.10	.90	CUDIT-R	19	.82	[.69, .95]
Video-gaming	3	.86	[.76, .95]	.81	.79	.60	.09	.91	GAIA	21	.87	[.80, .94]
Alcohol	4	.88	[.82, .94]	.76	.86	.62	.11	.89	AUDIT	23	.85	[.76, .94]
Shopping	4	.90	[.86, .94]	.82	.82	.63	.39	.61	CBS	95	.75	[.65, .85]
Exercise	4	.81	[.73, .88]	.83	.62	.45	.14	.86	EAI	33	.43	[.51, .71]
Work	4	.76	[.69, .83]	.72	.67	.40	.46	.54	BWAS	66	.80	[.69, .91]
Eating	6	.70	[.64, .77]	.76	.55	.31	.46	.54	mYFAS2.0	106	.76	[.76, .85]
Study	6	.75	[.69, .81]	.66	.72	.38	.39	.62	BStAS	83	.75	[.61, .81]

Table 5 from Validation and Performance of the Brief Screener for Substance and Behavioural Addiction (SSBA) Amongst University Students.

Generalized Version of the Screener for Substance and Behavioural Addictions (SSBA-G)

The Screener for Substance and Behavioural Addictions has been revised to capture addictions through a comprehensive approach, grouping certain substances and behaviours into separate, general categories. The two categories evaluated with the scale are psychoactive substances (alcohol, nicotine, cannabis, designer drugs, medications used differently than prescribed, etc.) and excessive behaviours (excessive gambling, excessive use of the Internet or online games, excessive eating, shopping or sexual behaviours, excessive exercise, etc.). This broad framework offers a resolution to the challenges individuals often encounter with traditional addiction treatment and assessment.

The SSBA-G was developed using the same theoretical and structural foundation as the original SSBA. The Substance Addiction Scale (SSBA-G-S) and the Behavioural Addiction Scale (SSBA-G-B) items remain consistent with the original but deviate with its response options and prevalence timeframe. Rather than the original 5-point scale, the SSBA-G offers a 7-point scale for users to rate how much they agree with the statements provided. Additionally, the suggested timeframe of prevalence within the SSBA-G was reduced to 1 month instead of 1 year. These modifications aid in capturing the wide range of substance and behavioural addictions, enhancing the scale's efficacy for repeated use.

Cut-off scores for both the SSBA-G-S and SSBA-G-B were established at a score of 11. This threshold is based on an individual's simultaneous endorsement of problem attribution, need to reduce involvement, and perceived need for formal help.

Translations of the SSBA

As addiction concerns are rapidly expanding, culturally specific addiction screening tools are necessary to accommodate differences in perceptions toward various addictions.

Brazilian version of the SSBA

In Brazil, there are moral expectations and social conventions that stigmatize excessive behaviours, leaving individuals hesitant to report them, creating a negative reinforcement cycle. This ultimately affects addiction research and resource accessibility. Considering the challenges identified, screening instruments are vulnerable to potential biases in measurement. Thus, it is essential for the SSBA to capture Brazil's culture and ensure accurate screening. To better represent the Brazilian population and combat biases, the original SSBA was expanded to include self-harm, devotion to a romantic partner, outbursts of anger, pulling out hair and/or body hair, skin picking, theft, internet use, and the use of tranquilizers.

Turkish version of the SSBA

Turkey has adopted the SSBA in recent years, and the SSBA demonstrates strong validity and reliability following its translation from English to Turkish. Moreover, the SSBA transfers its value through its ability to discriminate between non-clinical and clinical populations. Although not yet translated into English, the Turkish version of the SSBA provides a validated scale for use among individuals seeking treatment. To address concerns of potentially overlooked diagnoses, the Turkish SSBA recognizes the comorbidity of substance and behavioural addictions and places emphasis on the interaction between the two. Overall, the Turkish version exhibits high efficacy, enabling further advancements in addiction research and clinical practice.

Permission to Use

The SSBA can be used freely with appropriate citation of its source. Do not cite this brief user's guide as the instrument source as it is unpublished.

The developers would appreciate being informed about any research applications as these results will be helpful in providing further evidence of the validity of the scale.

Source Citation

Faiad, C., Marôco, J., Tavares, H., Hodgins, D., & Matsunaga, L. H. (2025). Brazilian version of the Brief Screener for Substance and Behavioral Addiction. *Frontiers in Psychology, 16*, 1642665. <https://doi.org/10.3389/fpsyg.2025.1642665>

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Editor

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Appendix A

Brief Screener for Substance and Behavioural Addictions

1. Think about the statement, “**I did it too much.**” In the last 12 months, how often did this apply to your:

a) Alcohol use (*including beer, wine, and/or hard liquor*)

None of the time	A little of the time	Some of the time	Most of the time	All of the time	I didn't do this at all	Don't know/ prefer not to say
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b) Tobacco use (*including cigarettes, cigars, chew, cigarillos, and any other tobacco products*)

None of the time	A little of the time	Some of the time	Most of the time	All of the time	I didn't do this at all	Don't know/ prefer not to say
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c) Cannabis use (*including marijuana, hashish, hash oil, weed, grass, or pot*)

None of the time	A little of the time	Some of the time	Most of the time	All of the time	I didn't do this at all	Don't know/ prefer not to say
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d) Cocaine use (*including crack, powder cocaine, blow, snow, or snort*)

None of the time	A little of the time	Some of the time	Most of the time	All of the time	I didn't do this at all	Don't know/ prefer not to say
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e) Gambling (*including playing slot machines, online gambling, casino games, lotteries, scratch tickets, and any other betting for money*)

None of the time	A little of the time	Some of the time	Most of the time	All of the time	I didn't do this at all	Don't know/ prefer not to say
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f) Shopping (*including in store and online shopping*)

None of the time	A little of the time	Some of the time	Most of the time	All of the time	I didn't do this at all	Don't know/ prefer not to say
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g) Video gaming (*including playing video games such as X-Box, Wii, Playstation, and other online or offline video games*)

None of the time	A little of the time	Some of the time	Most of the time	All of the time	I didn't do this at all	Don't know/ prefer not to say
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h) Overeating (*more than is needed for day-to-day living*)

None of the time	A little of the time	Some of the time	Most of the time	All of the time	I didn't do this at all	Don't know/ prefer not to say
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i) Sexual activity (*excessive sexual activity and/or inappropriate use of pornography, whether online or offline*)

None of the time	A little of the time	Some of the time	Most of the time	All of the time	I didn't do this at all	Don't know/ prefer not to say
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j) Overworking (*in paid or volunteer work*)

None of the time	A little of the time	Some of the time	Most of the time	All of the time	I didn't do this at all	Don't know/ prefer not to say
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2. Think about the statement, "**Once I started, I couldn't stop.**" In the last 12 months, how often did this apply to you:

a) Alcohol use (*including beer, wine, and/or hard liquor*)

None of the time	A little of the time	Some of the time	Most of the time	All of the time	I didn't do this at all	Don't know/ prefer not to say
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b) Tobacco use (*including cigarettes, cigars, chew, cigarillos, and any other tobacco products*)

None of the time	A little of the time	Some of the time	Most of the time	All of the time	I didn't do this at all	Don't know/ prefer not to say
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c) Cannabis use (*including marijuana, hashish, hash oil, weed, grass, or pot*)

None of the time	A little of the time	Some of the time	Most of the time	All of the time	I didn't do this at all	Don't know/ prefer not to say
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d) Cocaine use (*including crack, powder cocaine, blow, snow, or snort*)

None of the time	A little of the time	Some of the time	Most of the time	All of the time	I didn't do this at all	Don't know/ prefer not to say
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e) Gambling (*including playing slot machines, online gambling, casino games, lotteries, scratch tickets, and any other betting for money*)

None of the time	A little of the time	Some of the time	Most of the time	All of the time	I didn't do this at all	Don't know/ prefer not to say
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f) Shopping (*including in store and online shopping*)

None of the time	A little of the time	Some of the time	Most of the time	All of the time	I didn't do this at all	Don't know/ prefer not to say
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g) Video gaming (*including playing video games such as X-Box, Wii, Playstation, and other online or offline video games*)

None of the time	A little of the time	Some of the time	Most of the time	All of the time	I didn't do this at all	Don't know/ prefer not to say
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h) Overeating (*more than is needed for day-to-day living*)

None of the time	A little of the time	Some of the time	Most of the time	All of the time	I didn't do this at all	Don't know/ prefer not to say
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i) Sexual activity (*excessive sexual activity and/or inappropriate use of pornography, whether online or offline*)

None of the time	A little of the time	Some of the time	Most of the time	All of the time	I didn't do this at all	Don't know/ prefer not to say
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j) Overworking (*in paid or volunteer work*)

None of the time	A little of the time	Some of the time	Most of the time	All of the time	I didn't do this at all	Don't know/ prefer not to say
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- 3. Think about the statement, "I felt I had to do it in order to function." In the last 12 months, how often did this apply to your:**

a) Alcohol use (*including beer, wine, and/or hard liquor*)

None of the time	A little of the time	Some of the time	Most of the time	All of the time	I didn't do this at all	Don't know/ prefer not to say
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b) Tobacco use (*including cigarettes, cigars, chew, cigarillos, and any other tobacco products*)

None of the time	A little of the time	Some of the time	Most of the time	All of the time	I didn't do this at all	Don't know/ prefer not to say
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c) Cannabis use (*including marijuana, hashish, hash oil, weed, grass, or pot*)

None of the time	A little of the time	Some of the time	Most of the time	All of the time	I didn't do this at all	Don't know/ prefer not to say
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d) Cocaine use (*including crack, powder cocaine, blow, snow, or snort*)

None of the time	A little of the time	Some of the time	Most of the time	All of the time	I didn't do this at all	Don't know/ prefer not to say
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e) Gambling (*including playing slot machines, online gambling, casino games, lotteries, scratch tickets, and any other betting for money*)

None of the time	A little of the time	Some of the time	Most of the time	All of the time	I didn't do this at all	Don't know/ prefer not to say
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f) Shopping (including in store and online shopping)

None of the time	A little of the time	Some of the time	Most of the time	All of the time	I didn't do this at all	Don't know/ prefer not to say
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g) Video gaming (including playing video games such as X-Box, Wii, Playstation, and other online or offline video games)

None of the time	A little of the time	Some of the time	Most of the time	All of the time	I didn't do this at all	Don't know/ prefer not to say
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h) Overeating (more than is needed for day-to-day living)

None of the time	A little of the time	Some of the time	Most of the time	All of the time	I didn't do this at all	Don't know/ prefer not to say
------------------	----------------------	------------------	------------------	-----------------	-------------------------	-------------------------------

i) Sexual activity (excessive sexual activity and/or inappropriate use of pornography, whether online or offline)

None of the time	A little of the time	Some of the time	Most of the time	All of the time	I didn't do this at all	Don't know/ prefer not to say
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j) Overworking (in paid or volunteer work)

None of the time	A little of the time	Some of the time	Most of the time	All of the time	I didn't do this at all	Don't know/ prefer not to say
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4. Think about the statement, "**I continued to do it, even though it caused problems.**" In the last 12 months, how often did this apply to your:

a) Alcohol use (including beer, wine, and/or hard liquor)

None of the time	A little of the time	Some of the time	Most of the time	All of the time	I didn't do this at all	Don't know/ prefer not to say
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b) Tobacco use (including cigarettes, cigars, chew, cigarillos, and any other tobacco products)

None of the time	A little of the time	Some of the time	Most of the time	All of the time	I didn't do this at all	Don't know/ prefer not to say
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c) Cannabis use (including marijuana, hashish, hash oil, weed, grass, or pot)

None of the time	A little of the time	Some of the time	Most of the time	All of the time	I didn't do this at all	Don't know/ prefer not to say
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d) Cocaine use (including crack, powder cocaine, blow, snow, or snort)

None of the time	A little of the time	Some of the time	Most of the time	All of the time	I didn't do this at all	Don't know/ prefer not to say
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e) Gambling (including playing slot machines, online gambling, casino games, lotteries, scratch tickets, and any other betting for money)

None of the time	A little of the time	Some of the time	Most of the time	All of the time	I didn't do this at all	Don't know/ prefer not to say
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f) Shopping (including in store and online shopping)

None of the time	A little of the time	Some of the time	Most of the time	All of the time	I didn't do this at all	Don't know/ prefer not to say
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g) Video gaming (including playing video games such as X-Box, Wii, Playstation, and other online or offline video games)

None of the time	A little of the time	Some of the time	Most of the time	All of the time	I didn't do this at all	Don't know/ prefer not to say
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h) Overeating (*more than is needed for day-to-day living*)

None of the time	A little of the time	Some of the time	Most of the time	All of the time	I didn't do this at all	Don't know/ prefer not to say
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i) Sexual activity (*excessive sexual activity and/or inappropriate use of pornography, whether online or offline*)

None of the time	A little of the time	Some of the time	Most of the time	All of the time	I didn't do this at all	Don't know/ prefer not to say
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j) Overworking (*in paid or volunteer work*)

None of the time	A little of the time	Some of the time	Most of the time	All of the time	I didn't do this at all	Don't know/ prefer not to say
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Each item response is scored on a likert scale: 0 = None of the time, 1 = A little of the time, 2 = Some of the time, 3 = Most of the time, and 4 = All of the time. NA = I didn't do this at all, NA = Don't know/prefer not to say. To obtain behaviour subscale total scores, sum the 4 sub-questions for each specific behaviour. E.g. Alcohol subscale total score = 1.a + 2.a + 3.a + 4.a.

Appendix B

Brief Screener for Substance and Behavioural Addictions

1. Think about the following statements. In the last 12 months, how often did each statement apply to your **alcohol use** (*including beer, wine, and/or hard liquor*)?

a) “I did it too much.”

None of the time	A little of the time	Some of the time	Most of the time	All of the time	I didn’t do this at all	Don’t know/ prefer not to say
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b) “Once I started, I couldn’t stop.”

None of the time	A little of the time	Some of the time	Most of the time	All of the time	I didn’t do this at all	Don’t know/ prefer not to say
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c) “I felt I had to do it in order to function.”

None of the time	A little of the time	Some of the time	Most of the time	All of the time	I didn’t do this at all	Don’t know/ prefer not to say
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d) “I continued to do it, even though it caused problems.”

None of the time	A little of the time	Some of the time	Most of the time	All of the time	I didn’t do this at all	Don’t know/ prefer not to say
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2. Think about the following statements. In the last 12 months, how often did each statement apply to your **tobacco use** (*including cigarettes, cigars, chew, cigarillos, and any other tobacco products*)?

a) “I did it too much.”

None of the time	A little of the time	Some of the time	Most of the time	All of the time	I didn’t do this at all	Don’t know/ prefer not to say
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b) “Once I started, I couldn’t stop.”

None of the time	A little of the time	Some of the time	Most of the time	All of the time	I didn't do this at all	Don't know/ prefer not to say
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c) "I felt I had to do it in order to function."

None of the time	A little of the time	Some of the time	Most of the time	All of the time	I didn't do this at all	Don't know/ prefer not to say
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d) "I continued to do it, even though it caused problems."

None of the time	A little of the time	Some of the time	Most of the time	All of the time	I didn't do this at all	Don't know/ prefer not to say
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3. Think about the following statements. In the last 12 months, how often did each statement apply to your **cannabis use** (including marijuana, hashish, hash oil, weed, grass, or pot)?

a) "I did it too much."

None of the time	A little of the time	Some of the time	Most of the time	All of the time	I didn't do this at all	Don't know/ prefer not to say
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b) "Once I started, I couldn't stop."

None of the time	A little of the time	Some of the time	Most of the time	All of the time	I didn't do this at all	Don't know/ prefer not to say
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c) "I felt I had to do it in order to function."

None of the time	A little of the time	Some of the time	Most of the time	All of the time	I didn't do this at all	Don't know/ prefer not to say
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d) "I continued to do it, even though it caused problems."

None of the time	A little of the time	Some of the time	Most of the time	All of the time	I didn't do this at all	Don't know/ prefer not to say
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4. Think about the following statements. In the last 12 months, how often did each statement apply to your **cocaine use** (including crack, powder cocaine, blow, snow, or snort)?

a) "I did it too much."

None of the time	A little of the time	Some of the time	Most of the time	All of the time	I didn't do this at all	Don't know/ prefer not to say
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b) "Once I started, I couldn't stop."

None of the time	A little of the time	Some of the time	Most of the time	All of the time	I didn't do this at all	Don't know/ prefer not to say
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c) "I felt I had to do it in order to function."

None of the time	A little of the time	Some of the time	Most of the time	All of the time	I didn't do this at all	Don't know/ prefer not to say
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d) "I continued to do it, even though it caused problems."

None of the time	A little of the time	Some of the time	Most of the time	All of the time	I didn't do this at all	Don't know/ prefer not to say
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5. Think about the following statements. In the last 12 months, how often did each statement apply to your **gambling** (including playing slot machines, online gambling, casino games, lotteries, scratch tickets, and any other betting for money)?

a) "I did it too much."

None of the time	A little of the time	Some of the time	Most of the time	All of the time	I didn't do this at all	Don't know/ prefer not to say
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b) "Once I started, I couldn't stop."

None of the time	A little of the time	Some of the time	Most of the time	All of the time	I didn't do this at all	Don't know/ prefer not to say
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c) "I felt I had to do it in order to function."

None of the time	A little of the time	Some of the time	Most of the time	All of the time	I didn't do this at all	Don't know/ prefer not to say
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d) "I continued to do it, even though it caused problems."

None of the time	A little of the time	Some of the time	Most of the time	All of the time	I didn't do this at all	Don't know/ prefer not to say
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6. Think about the following statements. In the last 12 months, how often did each statement apply to your **shopping** (including in store and online shopping)?

a) "I did it too much."

None of the time	A little of the time	Some of the time	Most of the time	All of the time	I didn't do this at all	Don't know/ prefer not to say
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b) "Once I started, I couldn't stop."

None of the time	A little of the time	Some of the time	Most of the time	All of the time	I didn't do this at all	Don't know/ prefer not to say
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c) "I felt I had to do it in order to function."

None of the time	A little of the time	Some of the time	Most of the time	All of the time	I didn't do this at all	Don't know/ prefer not to say
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d) "I continued to do it, even though it caused problems."

None of the time	A little of the time	Some of the time	Most of the time	All of the time	I didn't do this at all	Don't know/ prefer not to say
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7. Think about the following statements. In the last 12 months, how often did each statement apply to your **video gaming** (including playing video games such as X-Box, Wii, Playstation, and other online or offline video games)?

a) "I did it too much."

None of the time	A little of the time	Some of the time	Most of the time	All of the time	I didn't do this at all	Don't know/ prefer not to say
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b) "Once I started, I couldn't stop."

None of the time	A little of the time	Some of the time	Most of the time	All of the time	I didn't do this at all	Don't know/ prefer not to say
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c) "I felt I had to do it in order to function."

None of the time	A little of the time	Some of the time	Most of the time	All of the time	I didn't do this at all	Don't know/ prefer not to say
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d) "I continued to do it, even though it caused problems."

None of the time	A little of the time	Some of the time	Most of the time	All of the time	I didn't do this at all	Don't know/ prefer not to say
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8. Think about the following statements. In the last 12 months, how often did each statement apply to your **overeating** (*more than is needed for day-to-day living*)?

a) "I did it too much."

None of the time	A little of the time	Some of the time	Most of the time	All of the time	I didn't do this at all	Don't know/ prefer not to say
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b) "Once I started, I couldn't stop."

None of the time	A little of the time	Some of the time	Most of the time	All of the time	I didn't do this at all	Don't know/ prefer not to say
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c) "I felt I had to do it in order to function."

None of the time	A little of the time	Some of the time	Most of the time	All of the time	I didn't do this at all	Don't know/ prefer not to say
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d) "I continued to do it, even though it caused problems."

None of the time	A little of the time	Some of the time	Most of the time	All of the time	I didn't do this at all	Don't know/ prefer not to say
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9. Think about the following statements. In the last 12 months, how often did each statement apply to your **sexual activity** (*excessive sexual activity and/or inappropriate use of pornography, whether online or offline*)?

a) "I did it too much."

None of the time	A little of the time	Some of the time	Most of the time	All of the time	I didn't do this at all	Don't know/ prefer not to say
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b) "Once I started, I couldn't stop."

None of the time	A little of the time	Some of the time	Most of the time	All of the time	I didn't do this at all	Don't know/ prefer not to say
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c) "I felt I had to do it in order to function."

None of the time	A little of the time	Some of the time	Most of the time	All of the time	I didn't do this at all	Don't know/ prefer not to say
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d) "I continued to do it, even though it caused problems."

None of the time	A little of the time	Some of the time	Most of the time	All of the time	I didn't do this at all	Don't know/ prefer not to say
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10. Think about the following statements. In the last 12 months, how often did each statement apply to your **overworking** (*in paid or volunteer work*)?

a) "I did it too much."

None of the time	A little of the time	Some of the time	Most of the time	All of the time	I didn't do this at all	Don't know/ prefer not to say
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b) "Once I started, I couldn't stop."

None of the time	A little of the time	Some of the time	Most of the time	All of the time	I didn't do this at all	Don't know/ prefer not to say
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c) "I felt I had to do it in order to function."

None of the time	A little of the time	Some of the time	Most of the time	All of the time	I didn't do this at all	Don't know/ prefer not to say
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d) "I continued to do it, even though it caused problems."

None of the time	A little of the time	Some of the time	Most of the time	All of the time	I didn't do this at all	Don't know/ prefer not to say
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Each item response is scored on a likert scale: 0 = None of the time, 1 = A little of the time, 2 = Some of the time, 3 = Most of the time, and 4 = All of the time. NA = I didn't do this at all, NA = Don't know/prefer not to say. To obtain behaviour subscale total scores, sum the 4 questions for each specific behaviour.