

Leeds Dependence Questionnaire

	never	some-times	often	nearly always
Thinking about your drinking and drug use over the last month...				
Do you find yourself thinking about when you will next be able to to have another drink or take more drugs?	0	1	2	3
Is drinking or taking drugs more important than anything else you might do during the day?	0	1	2	3
Do you feel that your need for drink or drugs is too strong to control?	0	1	2	3
Do you plan your days around getting and taking drink or drugs?	0	1	2	3
Do you drink or take drugs in a particular way to increase the effect it gives you?	0	1	2	3
Do you drink or take drugs morning, afternoon and evening?	0	1	2	3
Do you feel you have to carry on drinking or taking drugs once you have started?	0	1	2	3
Is getting an effect more important than the particular drink or drug that you take?	0	1	2	3
Do you want to take more drink or drugs when the effects start to wear off?	0	1	2	3
Do you find it difficult to cope with life without drink or drugs?	0	1	2	3

translations...



The LDQ was developed for use as a treatment outcome measure in routine clinical practice. The LDQ measures the construct dependence as described in ICD11 by the World Health Organisation. The LDQ provides comprehensive coverage of the elements of ICD11 dependence:

Q1: preoccupation Q2: salience Q3: inability to control use Q4: planning
Q5: maximising effect Q6: stereotyped pattern of use Q7: loss of control
Q8: importance of effect Q9: relief of withdrawal symptoms Q10: coping.

Summary of key psychometric data...

Scale structure

Cronbach's alpha 0.94^① 0.86/opiates, 0.92/alcohol, 0.89/other drugs^④

Likert spacing 33%>29%>29% (even distance between response choices)^③

Flesch readability 83 (easy)^③

Acceptability user rating 9.2/10^⑧

Factor analysis single factor accounting for 62% of variance^④ and single factor accounting for 64% of the variance^⑩

Change potential mean LDQ scores at baseline and 12mth 22.8 to 2.9 (of changers)^⑤

Criterion validity $r =$

Diagnostic criteria DSM4 0.42^⑦

Dependence scales SADQ 0.69; SODQ 0.30^①

Impaired control attempted -0.53, failed 0.66, perceived 0.74; and with coping -0.14^⑥

Construct validity $r =$

Psychological wellbeing GHQ 0.33/opiates, 0.51/alcohol^① GHQ 0.47/opiates, 0.54/alcohol, 0.39/other drugs^④ CORE10 0.65^⑩

Substance use amount 0.54/heroin, 0.64/alcohol; frequency 0.38/heroin, 0.53/alcohol^③ DALIalcohol 0.32, DALIdrugs 0.52^⑤

Social wellbeing SFQ 0.27/opiates, 0.42/alcohol^① SSQ -0.39^⑩

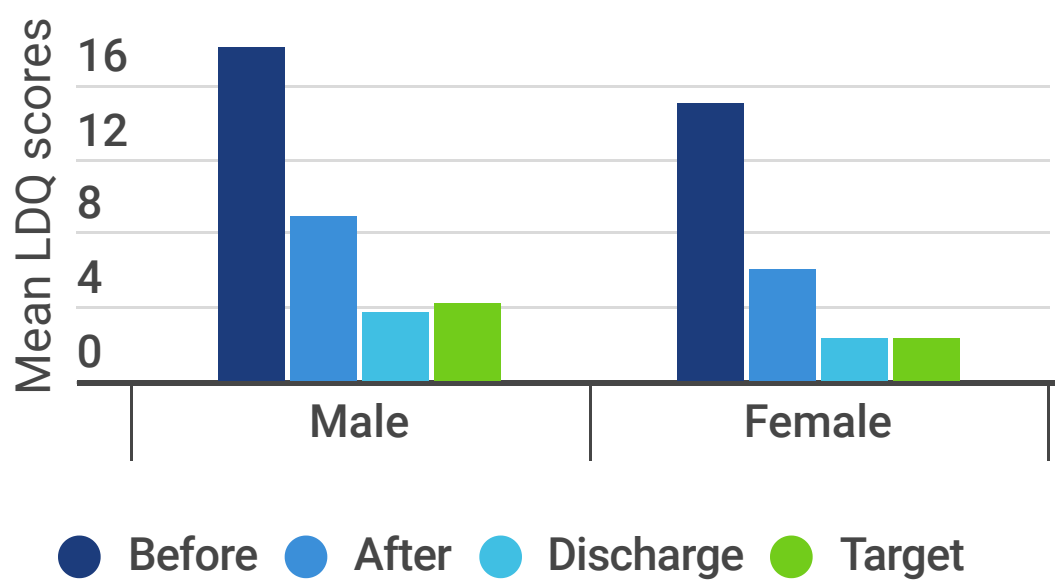
Quality of life SF36 -0.60 to -0.12 on the 8 SF36 subscales^②

LDQ psychometric data from initial validation

The table of statistical values was produced by combining datasets from a number of studies. In order to generate values to calculate clinically significant change, a well-functioning population was sampled. The treatment sample was extracted from the routine clinical records of Leeds Addiction Unit.

	n=	mean	std dev	median	std err of mean
Male					
Well functioning	227	4.2	5.1	2.1	0.35
New assessment	5089	18.0	8.5	19.0	0.13
At follow-up	1289	8.9	8.6	7.0	0.29
At discharge	55	3.7	4.5	1.0	0.64
TOTAL	6660	16.0	9.3	17.0	0.12
Female					
Well functioning	672	2.3	3.6	1.0	0.14
New assessment	3153	15.0	9.3	15.0	0.18
At follow-up	1133	6.0	7.8	2.0	0.27
At discharge	37	2.3	3.6	zero	0.66
TOTAL	4995	11.0	9.8	9.0	0.15
ALL					
Well functioning	899	2.8	4.1	1.0	0.14
New assessment	8242	17.0	8.9	17.0	0.11
At follow-up	2422	7.6	8.4	4.0	0.20
At discharge	92	3.2	4.2	1.0	0.47
TOTAL	11655	14.0	9.8	14.0	0.10

Values were calculated for three groups: i) people starting a new episode of treatment; ii) at follow-up, which was at least 3mths after starting a new treatment episode; iii) at the time of final planned discharge from the clinic as shown in the chart below...



If scores change by 4 or more points then that change is unlikely to have happened by chance. The mean for the well functioning group (which can be thought of as the general population) is the target score.



Spanish translation...

**Prof Alex Copello,
University of Birmingham**

	Nunca	A veces	A menudo	Casi siempre
Piense acerca de su consumo de alcohol y de drogas durante el último mes ...				
¿Usted encuentra que esta pensando cuando podra tener otra bebida de alcohol o consumir más drogas?	0	1	2	3
¿Beber alcohol o tomar drogas es más importantes que cualquier otra cosa que pueda hacer durante el día?	0	1	2	3
¿Siente que su necesidad de beber alcohol o tomar drogas es demasiado fuerte para poder controlarla?	0	1	2	3
¿Planea sus días en torno a conseguir y consumir bebidas alcoholicas o drogas?	0	1	2	3
¿Usted bebe alcohol o toma drogas de una manera particular para aumentar el efecto que le da?	0	1	2	3
¿Usted bebe alcohol o toma drogas por la mañana, tarde y noche?	0	1	2	3
¿Siente un necesidad de continuar bebiendo alcohol o consumiendo drogas una vez que ha comenzado?	0	1	2	3
¿Es conseguir un efecto más importante que el tipo de bebida alcoholica o el tipo de drogas que tome?	0	1	2	3
¿Siente que quiere tomar más alcohol o drogas, cuando los efectos comienzan a desaparecer?	0	1	2	3
¿Le resulta difícil hacer frente a la vida sin alcohol o drogas?	0	1	2	3



Chinese translation...

Joyce Yeung,

Hong Kong

	從不	有時候	經常	幾乎總是
請想想你在過去一個月的喝酒情況...				
你會覺得自己常常想着幾時可以再去飲酒嗎?	0	1	2	3
飲酒比你一整天可能做的任何事情更加重要嗎	0	1	2	3
你覺得自己對酒精的需要大到難以控制嗎?	0	1	2	3
你每日的活動安排都環繞着如何買酒和飲酒嗎?	0	1	2	3
你會用某種特定方式飲酒來加強酒精帶給你的效果嗎?	0	1	2	3
你在早上、下午及晚上均會飲酒嗎?	0	1	2	3
每當你開始飲酒後, 都感到需要持續地飲下去嗎?	0	1	2	3
從飲酒獲得的效果會比酒的種類更加重要嗎?	0	1	2	3
酒意開始退卻時, 你會否想要再多飲一些?	0	1	2	3
你會覺得如果不飲酒, 就很難面對生活嗎?	0	1	2	3



Italian translation...

Gian-Paulo Guelfi,

Gerona

	Mai	A volte	Spesso	Quasi sempre
Prendi in considerazione il tuo bere e il tuo uso di droga nell'ultimo mese...				
Ti accade di pensare a quando potrai assumere la prossima dose di alcool o di droga?	0	1	2	3
Bere o assumere droghe è più importante di qualunque altra cosa che tu possa fare durante il giorno?	0	1	2	3
Pensi che il tuo bisogno di bere o di usare droghe sia troppo forte per essere controllato?	0	1	2	3
Pianifichi le tue giornate in rapporto all'assunzione di alcool e droghe?	0	1	2	3
Bevi o assumi droghe con modalità particolari per aumentarne l'effetto?	0	1	2	3
Bevi o assumi droghe mattina, pomeriggio e sera?	0	1	2	3
Pensi che una volta iniziato devi continuare a bere o assumere droghe?	0	1	2	3
Ottenere un certo effetto è più importante del tipo di alcool o di droga che assumi?	0	1	2	3
Vuoi assumere più alcool o più droga quando l'effetto comincia a sfumare?	0	1	2	3
Trovi difficile affrontare la vita senza alcool o droghe?	0	1	2	3