

## UNCOPE

Hoffmann, N. G. Retrieved from: [http://www.evinceassessment.com/UNCOPE\\_for\\_web.pdf](http://www.evinceassessment.com/UNCOPE_for_web.pdf)  
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The UNCOPE consists of six questions found in existing instruments and assorted research reports. This excellent screen was first reported by Hoffmann and colleagues in 1999. Variations in wording are noted for several of the items. The first wording is the original for the “U” and “P” items. The more concrete wording of the revised versions were found to be slightly better as a generic screen. Either version of the six questions may be used free of charge for oral administration in any medical, psychosocial, or clinical interview. They provide a simple and quick means of identifying risk for abuse and dependence for alcohol and other drugs.

**U** “In the past year, have you ever drank or **used** drugs more than you meant to?”

Or as **revised** “Have you spent more time drinking or using than you intended to?”

**N** “Have you ever **neglected** some of your usual responsibilities because of using alcohol or drugs?”

**C** “Have you felt you wanted or needed to **cut down** on your drinking or drug use in the last year?”

**O** “Has anyone **objected** to your drinking or drug use?”

Or as **revised**, “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?”

Or as **revised**, “Have you found yourself thinking a lot about drinking or using?”

**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 the need for further assessment.

### Item Sources:

The original UNCOPE items were used in the CATOR treatment evaluation system, but were also part of other assessment tools and/or published in other studies. The following are original publications or instruments which contained one or more of the UNCOPE items:

1. Brown, R. L., Leonard, T., Saunders, L. A., & Papasouliotis, O. (1997). A two-item screening test for alcohol and other drug problems. *Journal of Family Practice*, 44, (2), 151-160.
2. Hoffmann, N. G. & Harrison, P. A. (1995). *SUDDS-IV: Substance Use Disorders Diagnostic Schedule*. Smithfield, RI: Evince Clinical Assessments.
3. Hoffmann, N. G. (1995). *TAAD: Triage Assessment for Addictive Disorders*. Smithfield, RI: Evince Clinical Assessments.

### A CAUTION REGARDING ALL SCREENS

Screens merely provide an indication of whether or not an individual appears at risk for a given condition. Screens are inappropriate for use as treatment intake tools and insufficient for supporting diagnoses. The UNCOPE and other screens for substance use disorders are most appropriate for identifying risk for abuse or dependence when neither is clearly identified as a problem. Appropriate venues for screening would be mental health and medical clinics, employee assistance counseling, marital and family counseling. Screens are inappropriate for evaluating persons arrested for driving under the influence, those presenting for treatment, or those being evaluated for any issue associated with substances. These latter individuals are already identified as being at risk, so a screen would be redundant.