

Substance Use Self-Check Tool

Substance use disorder (SUD), also known as addiction, is a medical condition where a person has difficulty controlling their use of alcohol, medications, or other drugs, even when it causes problems in their health, relationships, work, or daily life. It can affect anyone and ranges from mild to severe.

The **Tobacco, Alcohol, Prescription Medication, and Other Substance Use (TAPS) Tool** helps you reflect on your use of alcohol, tobacco, prescription medications, and other drugs, and whether they may be affecting your health. It includes a quick screening and short assessment, if needed.

The **TAPS Tool** is not a diagnosis – only a medical professional can provide that. You should share your results with your doctor or health care provider to better understand what they mean.

How to complete the screening

1. Visit <https://nida.nih.gov/taps2/> to complete the National Institute on Drug Abuse TAPS interactive screening tool.
2. At the bottom of the screen, select “I am the patient” to begin. You will be asked a series of questions about your use of tobacco, alcohol, prescription medications and other drugs in the past 12 months. Choose the answers that best match your experiences.
3. When you complete the assessment, you’ll see a summary of your risk level for each substance, along with suggested actions you can take.

What to do next

Print or email your results and review them with your doctor or health care provider. Together, you can decide what steps make sense to you. This might include:

- Learning ways to cut back
- Setting healthy goals
- Getting medical treatment or support

Source: McNeely, J., Wu, L.T., Subramaniam, G., Sharma, G., Cathers, L.A., et al. (2016). Performance of the Tobacco, Alcohol, Prescription Medication, and Other Substance Use (TAPS) Tool for Substance Use Screening in Primary Care Patients. *Annals of Internal Medicine*.

For more mental health educational resources, visit depressioncenter.org/toolkit.

This document provides general educational information developed by the Eisenberg Family Depression Center. It is not a substitute for professional medical advice. Please consult your health care provider if you have questions about your health or treatment options.