

CAST – Cannabis Abuse Screening Test

This test was created by the French Monitoring Centre for Drugs and Drug Addiction OFDT

In THE LAST 12 MONTHS, have you smoked cannabis?

Yes → IN THE LAST 12 MONTHS...

Tick one circle for each line	Never	Rarely	From time to time	Fairly often	Very often
1. Have you smoked cannabis before midday?	0 <input type="radio"/>	1 <input type="radio"/>	2 <input type="radio"/>	3 <input type="radio"/>	4 <input type="radio"/>
2. Have you smoked cannabis when you were alone?	0 <input type="radio"/>	1 <input type="radio"/>	2 <input type="radio"/>	3 <input type="radio"/>	4 <input type="radio"/>
3. Have you had memory problems when you smoked cannabis?	0 <input type="radio"/>	1 <input type="radio"/>	2 <input type="radio"/>	3 <input type="radio"/>	4 <input type="radio"/>
4. Have friends or members of your family told you that you ought to reduce your cannabis use?	0 <input type="radio"/>	1 <input type="radio"/>	2 <input type="radio"/>	3 <input type="radio"/>	4 <input type="radio"/>
5. Have you tried to reduce or stop your cannabis use without succeeding?	0 <input type="radio"/>	1 <input type="radio"/>	2 <input type="radio"/>	3 <input type="radio"/>	4 <input type="radio"/>
6. Have you had problems because of your use of cannabis (argument, fight, accident, bad result at school, etc)?	0 <input type="radio"/>	1 <input type="radio"/>	2 <input type="radio"/>	3 <input type="radio"/>	4 <input type="radio"/>

Calculate the overall score by adding the scores for every line. The overall score indicates if the person is at risk for a substance use disorder.

Score in total :

Tips for interpreting the test score

The directions below are indicative and will be refined through user experience.

0–2 points:

Low risk for substance use disorder

Response: Evaluate the client's cannabis use, paying attention to e.g. their age

Pay attention to:

- the client's thoughts about the cannabis use.
- positives, resources, and strengths in the client's life.

Pay special attention to and discuss the questions the client scored on, and how they can prevent future negative effects of the cannabis use.

Tips for creating change: maintain strengths and positives in the client's life, prevent negative effects of use

Tools: MATRIX, FACT SHEET

3–6 points:

Moderate risk for substance use disorder

Response: In-depth evaluation of the client's cannabis use

Pay attention to:

- what the score is made up of. Does anything come to the forefront?
- the client's thoughts about the cannabis use.
- positive things the client gets from the cannabis use. Are there other ways to achieve these positives?
- what the client thinks they can change to reduce negative effects of the cannabis use.
- positives, resources, and strengths in the client's life.

The client should monitor their cannabis use and consider how risks and negative effects of the use can be reduced or prevented.

How can you make sure your cannabis use will not cause you problems?

When would you start to worry about your cannabis use?

Tips for creating change: monitor use, reduce harmful effects (by paying attention to amount used, method of use, quality of product), remember to appreciate gains and progress

Tools: MATRIX, CANNABIS USE DIARY, ACTION PLAN FOR CHANGE

7 points or more:

High risk for substance use disorder

Response: In-depth evaluation of the client's cannabis use and need for treatment

Pay attention to:

- the client's life situation as a whole.
- the client's thoughts about the cannabis use.
- what the client thinks they can change to reduce negative effects of the cannabis use. What are the possible positive effects of this change?
- things that can support change or hinder change.
- positives, resources, and strengths in the client's life. How can positives be strengthened?
- evaluating the need for treatment

Tips for creating change: monitor use, plan for change, appreciate even small changes and gains, reduce harmful effects (by paying attention to amount used, method of use, quality of product)

Tools: MATRIX, CANNABIS USE DIARY, ACTION PLAN FOR CHANGE

Source for cut off -points: *Detection of problem cannabis use: The cannabis abuse screening test (CAST). Note nr 2013-02: OFDT. Stanislas Spilka etc.*



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