Objective Opiate Withdrawal Scale (OOWS)

**Circle (o) one response for each question**

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| **Q1. Yawning** (frequency = # of yawns per observation period) | Not at all ⬜ 0 | 1 or more ⬜ 1 |
| **Q2. Rhinorrhea** (frequency = # of sniffs per observation period) | * 1. ⬜ 0
 | 1 or more ⬜ 1 |
| **Q3. Piloerection** (gooseflesh – observe patient’s arm) | Absent ⬜ 0 | Present ⬜ 1 |
| **Q4. Perspiration** | Absent ⬜ 0 | Present ⬜ 1 |
| **Q5. Lacrimation** | Absent ⬜ 0 | Present ⬜ 1 |
| **Q6. Mydriasis** | Absent ⬜ 0 | Present ⬜ 1 |
| **Q7. Tremors** (hands) | Absent ⬜ 0 | Present ⬜ 1 |
| **Q8. Hot and cold flushes** (shivering or huddling for warmth) | Absent ⬜ 0 | Present ⬜ 1 |
| **Q9. Restlessness** (frequent shifts of position) | Absent ⬜ 0 | Present ⬜ 1 |
| **Q10. Vomiting** | Absent ⬜ 0 | Present ⬜ 1 |
| **Q11. Muscle twitches** | Absent ⬜ 0 | Present ⬜ 1 |
| **Q12. Abdominal cramps** (holding stomach) | Absent ⬜ 0 | Present ⬜ 1 |
| **Q14. Anxiety** (Mild: observable manifestations e.g., foot shaking, fidgeting, finger tapping; Moderate to severe: agitation, unable to sit, trembling, panicky, complains of difficulty breathing, choking cessation, palpitations) | Absent ⬜ 0 | Present ⬜ 1 |
| ***Total Score:*** |  |

**Scoring and interpretation:** The OOWS comprises 13 clinical observations. Each observation is scored as either absent (0 point) or present (1 point). A total score is calculated by summing all 13 items. The minimum total score possible is 0, and the maximum total score possible is 13 (i.e. total score range: 0-13). A higher score indicates greater opiate withdrawal symptoms.

**Tool citation:** Handelsman, L., Cochrane, K., Aronson, M., et al. *Two new rating scales for opiate withdrawal.* American Journal of Drug and Alcohol Abuse, 1987. **13**(3): 293-308.

## Further information: Fischer, J.A., Roche, A.M., and Duraisingam, V. *Objective Opioid Withdrawal Scale (OOWS): description, strengths and knowledge gaps*. 2021, National Centre for Education and Training on Addiction (NCETA), Flinders University: Adelaide, South Australia.