

## Objective Opiate Withdrawal Scale (OOWS)

Circle (o) one response for each question

<b>Q1. Yawning</b> (frequency = # of yawns per observation period)	Not at all <input type="checkbox"/> 0	1 or more <input type="checkbox"/> 1
<b>Q2. Rhinorrhea</b> (frequency = # of sniffs per observation period)	0-2 <input type="checkbox"/> 0	1 or more <input type="checkbox"/> 1
<b>Q3. Piloerection</b> (gooseflesh – observe patient’s arm)	Absent <input type="checkbox"/> 0	Present <input type="checkbox"/> 1
<b>Q4. Perspiration</b>	Absent <input type="checkbox"/> 0	Present <input type="checkbox"/> 1
<b>Q5. Lacrimation</b>	Absent <input type="checkbox"/> 0	Present <input type="checkbox"/> 1
<b>Q6. Mydriasis</b>	Absent <input type="checkbox"/> 0	Present <input type="checkbox"/> 1
<b>Q7. Tremors</b> (hands)	Absent <input type="checkbox"/> 0	Present <input type="checkbox"/> 1
<b>Q8. Hot and cold flushes</b> (shivering or huddling for warmth)	Absent <input type="checkbox"/> 0	Present <input type="checkbox"/> 1
<b>Q9. Restlessness</b> (frequent shifts of position)	Absent <input type="checkbox"/> 0	Present <input type="checkbox"/> 1
<b>Q10. Vomiting</b>	Absent <input type="checkbox"/> 0	Present <input type="checkbox"/> 1
<b>Q11. Muscle twitches</b>	Absent <input type="checkbox"/> 0	Present <input type="checkbox"/> 1
<b>Q12. Abdominal cramps</b> (holding stomach)	Absent <input type="checkbox"/> 0	Present <input type="checkbox"/> 1
<b>Q14. Anxiety</b> (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 <input type="checkbox"/> 0	Present <input type="checkbox"/> 1
<b>Total Score:</b>		

**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.