Cannabis Withdrawal Scale (CWS)

For each question:

1. First circle (o) the number that most closely represents your personal **experience**.
2. Then rate (0-10) its negative **impact** on daily delivery.

	Experience											Impact (0-10)
	Not at all				Moderately				Extremely			
Q1. The only thing I could think about was smoking some cannabis	0	1	2	3	4	5	6	7	8	9	10	
Q2. I had a headache	0	1	2	3	4	5	6	7	8	9	10	
Q3. I had no appetite	0	1	2	3	4	5	6	7	8	9	10	
Q4. I felt nauseous (like vomiting)	0	1	2	3	4	5	6	7	8	9	10	
Q5. I felt nervous	0	1	2	3	4	5	6	7	8	9	10	
Q6. I had some angry outbursts	0	1	2	3	4	5	6	7	8	9	10	
Q7. I had mood swings	0	1	2	3	4	5	6	7	8	9	10	
Q8. I felt depressed	0	1	2	3	4	5	6	7	8	9	10	
Q9. I was easily irritated	0	1	2	3	4	5	6	7	8	9	10	
Q10. I had been imagining being stoned	0	1	2	3	4	5	6	7	8	9	10	
Q11. I felt restless	0	1	2	3	4	5	6	7	8	9	10	
Q12. I woke up early	0	1	2	3	4	5	6	7	8	9	10	
Q13. I had a stomach ache	0	1	2	3	4	5	6	7	8	9	10	
Q14. I had nightmares and/or strange dreams	0	1	2	3	4	5	6	7	8	9	10	
Q15. Life seemed like an uphill struggle	0	1	2	3	4	5	6	7	8	9	10	
Q16. I woke up sweating at night	0	1	2	3	4	5	6	7	8	9	10	
Q17. I had trouble getting to sleep at night	0	1	2	3	4	5	6	7	8	9	10	
Q18. I felt physically tense	0	1	2	3	4	5	6	7	8	9	10	
Q19. I had hot flashes	0	1	2	3	4	5	6	7	8	9	10	
Total Scores:												

Scoring and interpretation:

The CWS comprises 19 items. Each CWS item is scored twice.

First, the client circles the number most closely representing their personal experience (personal experience; range: 0-10).

Second, the client then rates the negative impact of that experience on normal daily activities by writing a number (negative impact: range: 0-10).

Two total scores are calculated, one each for personal experience and negative impact:

- A 'personal experience' score is calculated by summing the *circled* responses for all 19 questions. The minimum total score possible is 0. The maximum total score possible is 190
- A 'negative experience' score is obtained by summing the *written* responses for all 19 questions. As with 'personal experience', the minimum total score possible is 0. The maximum total score possible is 190.

Higher total scores reflect more severe withdrawal symptoms.

Tool citation: Allsop, D., Norberg, M., Copeland, J., et al. *The Cannabis Withdrawal Scale development: patterns and predictors of cannabis withdrawal and distress.* Drug and Alcohol Dependence, 2011. **119**(1-2): 123-129.

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

NCETA Flinders
UNIVERSITY