

BULLDOG CHECK-IN:

Cannabis Use

TAKE THE CUDIT-R

Taking the CUDIT-R is a great way to check in with yourself regarding your cannabis use. Be sure to take the questionnaire on the front before looking on the back for more info, to make sure you are able to give unbiased answers.

HAVE YOU USED ANY CANNABIS OVER THE PAST 6 MONTHS?

NO? You do not need to complete the questionnaire.

YES? Continue on to the first question.

1

HOW OFTEN DO YOU USE CANNABIS?

- Never (0 points)
- Monthly or less (1 point)
- Two to four times a month (2 points)
- Two to three times a week (3 points)
- Four or more times a week (4 points)

2

HOW MANY HOURS WERE YOU "STONED" ON A TYPICAL DAY WHEN YOU HAD BEEN USING CANNABIS?

- Less than one (0 points)
- One or two (1 point)
- Three or four (2 points)
- Five or six (3 points)
- Seven or more (4 points)

3

HOW OFTEN DURING THE PAST 6 MONTHS DID YOU FIND THAT YOU WERE NOT ABLE TO STOP USING CANNABIS ONCE YOU HAD STARTED?

- Never (0 points)
- Less than monthly (1 point)
- Monthly (2 points)
- Weekly (3 points)
- Daily or almost daily (4 points)

4

HOW OFTEN DURING THE PAST 6 MONTHS DID YOU FAIL TO DO WHAT WAS NORMALLY EXPECTED FROM YOU BECAUSE OF YOUR USING CANNABIS?

- Never (0 points)
- Less than monthly (1 point)
- Monthly (2 points)
- Weekly (3 points)
- Daily or almost daily (4 points)

5

HOW OFTEN IN THE PAST 6 MONTHS HAVE YOU DEVOTED A GREAT DEAL OF YOUR TIME TO GETTING, USING, OR RECOVERING FROM CANNABIS?

- Never (0 points)
- Less than monthly (1 point)
- Monthly (2 points)
- Weekly (3 points)
- Daily or almost daily (4 points)

6

HOW OFTEN IN THE PAST 6 MONTHS HAVE YOU HAD A PROBLEM WITH YOUR MEMORY OR CONCENTRATION AFTER USING CANNABIS?

- Never (0 points)
- Less than monthly (1 point)
- Monthly (2 points)
- Weekly (3 points)
- Daily or almost daily (4 points)

7

HOW OFTEN DO YOU USE CANNABIS IN SITUATIONS THAT COULD BE PHYSICALLY HAZARDOUS, SUCH AS DRIVING, OPERATING MACHINERY, OR CARING FOR CHILDREN:

- Never (0 points)
- Less than monthly (1 point)
- Monthly (2 points)
- Weekly (3 points)
- Daily or almost daily (4 points)

8

HAVE YOU EVER THOUGHT ABOUT CUTTING DOWN, OR STOPPING, YOUR USE OF CANNABIS?

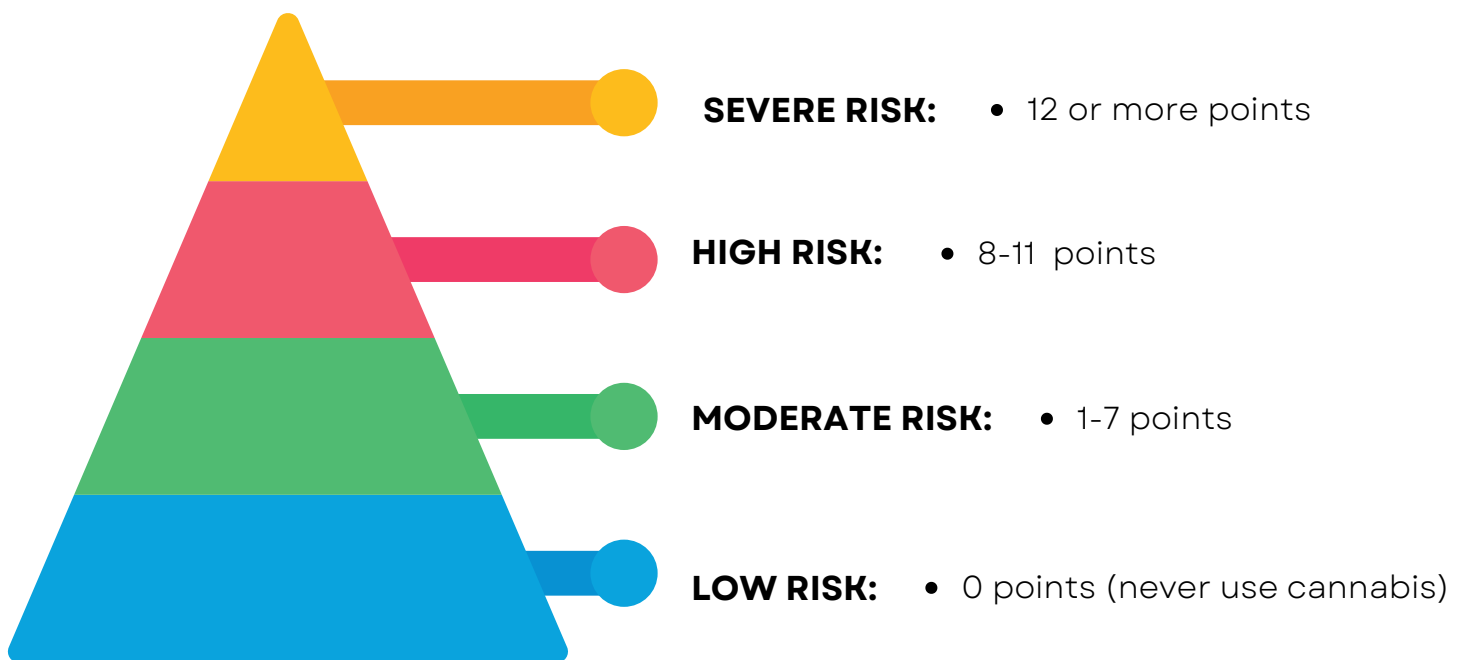
- Never (0 points)
- Yes, but not in the past 6 months (2 points)
- Yes, during the past 6 months (4 points)

What Does My CUDIT Score Mean?

SCORING THE CUDIT-R

Tally up your points based on your answers on page 1. Below, we share some feedback and recommendations for you based on your score.

BASED ON YOUR SCORE...



WHAT SHOULD I DO NEXT?

LOW RISK: Keep it up! Whether it feels like it or not, those who don't use are in the majority.

MODERATE RISK:

While you scored lower than others who use cannabis, based on current science, there is no safe amount of use. It's important to consider that cannabis can negatively impact your mental health, academic performance, and can be addictive. Reach out to the ATOD Center for more information.

HIGH RISK:

As use increases, you may notice that your mental health, performance, and sleep has worsened. Sometimes it appears as if cannabis is helping those things, but sadly, it is likely making them worse. Discussing what you're experiencing with someone at the ATOD Center could be very helpful.

SEVERE RISK:

Using cannabis very frequently significantly increases the chances of serious impacts on your mental health, learning, and motivation. We highly recommend exploring your use with someone at the ATOD Center.

REACH OUT TO THE ATOD
PREVENTION CENTER!

atod@bowiestate.edu

<https://bowiestate.edu/campus-life/health-and-wellness/alcohol-tobacco-and-other-drug-prevention-center/>