

# CANNABIS USE DISORDER SIGNS + SYMPTOMS CHECKLIST



Read each statement and check the boxes that apply. This checklist is not a diagnostic tool but can help determine whether cannabis use has become a problem. Call Icarus Behavioral Health at 702.723.4774 for a professional assessment.

- ☐ MORE MARIJUANA USE THAN INTENDED
- ☐ CAN'T CUT BACK OR QUIT THE DRUG ABUSE
- ☐ SPENDING A LOT OF TIME ON MARIJUANA
- ☐ CRAVING MARIJUANA
- ☐ MISSING WORK OR SCHOOL
- ☐ RELATIONSHIP PROBLEMS
- ☐ STOPS DOING FAVORITE RECREATIONAL ACTIVITIES
- ☐ KEEPS USING DESPITE FINANCIAL OR LEGAL PROBLEMS
- ☐ USING IN RISKY SITUATIONS
- ☐ WORSENING HEALTH OR MENTAL HEALTH
- ☐ NEEDING MORE TO FEEL EFFECTS
- ☐ FEELING IRRITABLE OR ANXIOUS WITHOUT IT
- ☐ CAN'T SLEEP WITHOUT MARIJUANA
- ☐ LACKING MOTIVATION OR DRIVE
- ☐ MARIJUANA USE FEELS OUT OF CONTROL

## SCORING YOUR RESULTS

**0-1 Checks:** Low concern; monitor behavior and reach out for help if things worsen.

**2 - 5 Checks:** Moderate concern; consider professional assessment for symptoms or diagnosis.

**5+ Checks:** High concern; significant difficulties or out of control marijuana use. Seek help from Icarus Nevada by calling 702.723.4774 today.