



Brief Addiction Monitor – Continuous

BAM · SELF-REPORT

RESPONDENT NAME

DATE

CLINICIAN

This is a standard set of questions about several areas of your life such as your health, alcohol and drug use, etc. The questions generally ask about the past 30 days. Please consider each question and answer as accurately as possible.

	0 EXCELLENT	8 VERY GOOD	15 GOOD	22 FAIR	30 POOR
1 In the past 30 days, how would you say your physical health has been?					
2 In the past 30 days, how many nights did you have trouble falling asleep or staying asleep?					_____ days
3 In the past 30 days, how many days have you felt depressed, anxious, angry or very upset throughout most of the day?					_____ days
4 In the past 30 days, how many days did you drink ANY alcohol?					_____ days
↓ If the answer to Question 4 is 0 days, skip Question 5 and go to Question 6 6					
5 In the past 30 days, how many days did you have at least 5 drinks (if you are a man) or at least 4 drinks (if you are a woman)? [One drink is considered one shot of hard liquor (1.5 oz.) or 12-ounce can/bottle of beer or 5-ounce glass of wine.]					_____ days
6 In the past 30 days, how many days did you use any illegal or street drugs or misuse any prescription medications?					_____ days
↓ If the answer to Question 6 is 0 days, skip Questions 7A–7G and go to Question 8 8					
7A Marijuana (cannabis, pot, weed)?					_____ days
7B Sedatives and/or Tranquilizers (benzos, Valium, Xanax, Ativan, Ambien, barbs, Phenobarbital, downers, etc.)?					_____ days
7C Cocaine and/or Crack?					_____ days
7D Other Stimulants (amphetamine, methamphetamine, Dexedrine, Ritalin, Adderall, speed, crystal meth, ice, etc.)?					_____ days
7E Opiates (Heroin, Morphine, Dilaudid, Demerol, Oxycontin, oxy, codeine (Tylenol 2,3,4), Percocet, Vicodin, Fentanyl, etc.)?					_____ days
7F Inhalants (glues, adhesives, nail polish remover, paint thinner, etc.)?					_____ days
7G Other drugs (steroids, non-prescription sleep and diet pills, Benadryl, Ephedra, other over-the-counter or unknown medications)?					_____ days
8 In the past 30 days, how much were you bothered by cravings or urges to drink alcohol or use drugs?	0 NOT AT ALL	8 SLIGHTLY	15 MODERATELY	22 CONSIDERABLY	30 EXTREMELY
9 How confident are you that you will NOT use alcohol and drugs in the next 30 days?	0 NOT AT ALL	8 SLIGHTLY	15 MODERATELY	22 CONSIDERABLY	30 EXTREMELY
10 In the past 30 days, how many days did you attend self-help meetings like AA or NA to support your recovery?					_____ days
11 In the past 30 days, how many days were you in any situations or with any people that might put you at an increased risk for using alcohol or drugs (i.e., around risky “people, places or things”)?					_____ days
12 Does your religion or spirituality help support your recovery?	0 NOT AT ALL	8 SLIGHTLY	15 MODERATELY	22 CONSIDERABLY	30 EXTREMELY

13	In the past 30 days, how many days did you spend much of the time at work, school, or doing volunteer work?						days
14	Do you have enough income (from legal sources) to pay for necessities such as housing, transportation, food and clothing for yourself and your dependents?	0 NO		30 YES			
15	In the past 30 days, how much have you been bothered by arguments or problems getting along with any family members or friends?	0 NOT AT ALL	8 SLIGHTLY	15 MODERATELY	22 CONSIDERABLY	30 EXTREMELY	
16	In the past 30 days, how many days did you contact or spend time with any family members or friends who are supportive of your recovery?						days
17	How satisfied are you with your progress toward achieving your recovery goals?	0 NOT AT ALL	8 SLIGHTLY	15 MODERATELY	22 CONSIDERABLY	30 EXTREMELY	
Substance Use (Items 4–6, sum of item scores (each 0–30)):							
Risk Factors (Items 1, 2, 3, 8, 11, 15, sum of item scores (each 0–30)):							
Protective Factors (Items 9, 10, 12, 13, 14, 16, sum of item scores (each 0–30)):							

Developer Reference:

Cacciola, J. S., Alterman, A. I., DePhilippis, D., Drapkin, M. L., Valadez, C., Fala, N. C., Oslin, D., & McKay, J. R. (2013). Development and initial evaluation of the Brief Addiction Monitor (BAM). *Journal of Substance Abuse Treatment*, 44 (3), 256–263. <https://doi.org/10.1016/j.jsat.2012.07.013>

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