

## Drughelp Test

**The Drughelp.eu self-assessment test** is a questionnaire designed using DUDIT Questions in order to assess the risk level of drug use. Users are then given feedback based on their answers informing them about the severity of their drug use and providing offers for assistance. An example of this feedback is shown below:

Your score is **20/44**

### Harmful use



You use drugs often. That is very worrying, and you probably already experience some drug-related problems associated in your everyday life. You need professional help to quit using drugs.

## What is DUDIT?

**DUDIT stands for** the Drug Use Disorder Identification Test. It was developed by Anne H. Berman and her team at Karolinska Institutet in Sweden to identify individuals with drug related problems. Its validity has been tested in several scientific studies and shows a high correlation with actual drug dependency.

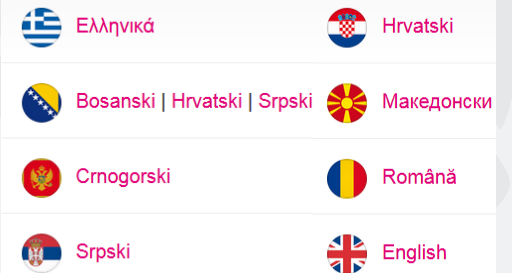
## Self-Help Tool

**Drughelp.eu also comes** equipped with a self-help tool to grant aid to those that are less likely to come to face-to-face services. It is important to note that the self-help tool is not designed to be a replacement for face-to-face services but rather a complementary offer. The self-help tool offers a variety of features such as:

- **The ability to** create balance sheets that display the dangers of using drugs and the risks that drug abuse poses
- **A craving and use diary** to allow users to write down when they had the urge to use drugs, who they were with at the time, and what caused the urge
- **A results page** containing graphs and figures that display the progress the user has made towards the goals set by oneself
- **The ability to** create a relapse prevention plan where users list potentially dangerous situations and how to avoid them
- **A relapse emergency plan** where users list what to do should a relapse occur
- **A personal diary** where users can record any thoughts they have or knowledge that they have gained

## Access

**The drughelp.eu self-assessment test** and self-help tool can be accessed at the drughelp.eu home page. From there, users are invited to select a language and access the resources. The tools are available in the following languages:



## Backend

**Drughelp.eu** also has a backend that allows authorized professionals to see anonymized data that has been collected. The information is presented in the form of simple graphs for different types of user related information. More concise data can also be downloaded in the form of an excel spreadsheet.

# drughelp.eu

## Introduction

### What is Drughelp.eu?

**Drughelp.eu** is a service designed for people who are using drugs and wish to get a better understanding of the harm that the use of drugs may cause to their bodies and minds.

The service has been developed by a group of experts working in the field of treatment and harm reduction, and is provided by the Pompidou Group of the Council of Europe.

### What does Drughelp.eu offer?

**Drughelp.eu** offers two services: a DUDIT based questionnaire to assess drug use and a self-help tool to educate users and assist them in creating a plan to reduce or stop drug consumption. Both of these tools can be found at the address [drughelp.eu](http://drughelp.eu) and are also available in several language.