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## Barriers to recovery for Buprenorphine Patients in Bangor, Maine

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## Opiate Craving Scale

- 1) During the past week how often have you thought about using opiates or about how good using opiates would make you feel?
  - 0 never
  - 1 rarely (1-2)
  - 2 occasionally (3-4)
  - 3 sometimes (5-10 per week or 1-2 per day)
  - 4 often (11-20 past week or 2-3 per day)
  - 5 most of the time (20-40 past week or 3-6 per day)
  - 6 nearly all the time (more than 40 during the past week or more than 6 times per day)
  
- 2) At its most severe point how strong was your craving during the past week?
  - 0 none at all
  - 1 slight, which is a very mild urge
  - 2 mild urge
  - 3 moderate urge
  - 4 strong urge, but easily controlled
  - 5 strong urge and difficult to control
  - 6 strong urge and would have used opiates if they were available
  
- 3) During the past week, how much time have you spent thinking about using opiates or about how good using opiates would make you feel?
  - 0 none at all
  - 1 less than 20 min
  - 2 21-45 min
  - 3 46-90 min
  - 4 90 min – 3 hrs
  - 5 between 3-6 hrs
  - 6 more than 6 hrs
  
- 4) During the past week how difficult would it have been to resist using opiates if you had known where some were in your house?
  - 0 not difficult
  - 1 very mildly difficult
  - 2 mildly difficult
  - 3 moderately difficult
  - 4 very difficult
  - 5 extremely difficult
  - 6 would not be able to resist
  
- 5) Keeping in mind your responses to previous questions, please rate your overall average opiate craving for the past week?
  - 0 never thought about using opiates and never had the urge
  - 1 rarely thought about using opiates and rarely had urge to use opiates
  - 2 occasionally thought about using opiates and occasionally had urge to use
  - 3 sometimes thought about using opiates and sometimes had urge to use
  - 4 often thought about using opiates and often had the urge to use opiates
  - 5 thought about using opiates most of the time and had the urge to use most of the time
  - 6 thought about using opiates nearly all of the time and urge to use nearly all of the time