

Substance Use Recovery Evaluator (SURE)

(Neale et al., 2016)

Questions are on either a 4- or 5-point scale. Questions 1–3: Never, On 1 or 2 days, On 3 or 4 days, On 5 or 6 days, Every day. Questions 4–21: All of the time, Most of the time, A fair amount of time, A little of the time, None of the time. Section C: Not important, A little important, Important, Very important

These questions are to help you measure your personal recovery from drug and/or alcohol dependence. They have been designed with the help of service users so that they measure what is important to people in recovery.

Instructions: Please complete all sections of the questionnaire (A, B & C). Please **think about the last week** when completing each question. Please provide **one answer** for each statement.

Section A

Drinking and drug use (Part 1) - Thinking about the last week, please rate yourself on each of the following statements :

1. I have drunk too much
2. I have used street drugs
3. I have experienced cravings

Drinking and drug use (Part 2) - Still thinking about the last week

1. I have coped with problems without misusing drugs or alcohol
2. I have managed pains and ill-health without misusing drugs or alcohol
3. I have been spending my free time on hobbies and interests that do not involve drugs or alcohol

Section B

Self-Care - Thinking about the last week, please rate yourself on each of the following statements :

2. I have been taking care of my mental health
3. I have been taking care of my physical health
4. I have been eating a good diet
5. I have slept well
6. I have had a good daily routine

Relationships - Still thinking about the last week

1. I have been getting on well with people
2. I have felt supported by people around me
3. I have been treated with respect and consideration by people around me

4. I have treated others with respect and consideration

Material resources - Still thinking about the last week

1. I have had stable housing

2. I have had a regular income

3. I have been managing my money well

Outlook on life- Still thinking about the last week

1. I have felt happy with my overall quality of life

2. I have felt positive

3. I have had realistic hopes and goals for myself

Section C

Still thinking about the last week, please record how **important** each of the following have been to you

1. Reducing or abstaining from drinking or drug taking

2. Looking after yourself (physically taking care of yourself, mentally taking care of yourself, having a good diet , sleeping well, having a good routine)

3. Having good relationships with other people (getting on with people, feeling supported by people, being treated with respect, treating others with respect)

4. Having resources and belongings (stable housing, regular income, managing money)

5. Outlook on life (having a good quality of life, feeling positive, having realistic hopes and goals)

Scoring:

Questions 1-3: 'Never' OR 'On 1 or 2 days' =3, 'On 3 or 4 days' =2, 'On 5 or 6 days' OR 'Every day' =1.

Questions 4-21: 'All of the time' OR 'Most of the time' =3 'A fair amount of the time' =2 'A little of the time' OR 'None of the time' =1. Section C: not scored.

Score range: Drinking and drug use = 6-18, Self-care = 5-15, Relationships = 4-12, Material resources = 3-9, Outlook on life = 3-9, Total Score = 21-63

Citation:

Neale, J., Vitoratou, S., Finch, E., Lennon, P., Mitcheson, L., Panebianco, D., Rose, D., Strang, J., Wykes, T., Marsden, J. (2016) 'Development and validation of 'SURE': A patient reported outcome measure (PROM) for recovery from drug and alcohol dependence', *Drug and Alcohol Dependence*. DOI: 10.1016/j.drugalcdep.2016.06.006