**Self-medicating scale**

*Taken from Delyth H. James and David P. French: The development of the Self-Medicating Scale (SMS): a scale to measure people’s beliefs about self-medication.*

This scale measures people’s beliefs about self-medication. It measures reluctance to self-mediate, ease of self-medication and beliefs about letting things run their course. For this version, we have changed ‘painkillers’ to ‘medication’ to make the scale more generally applicable.

The following statements are about how often you take medication for different types of problems. Think about how true the statements are for you and answer as accurately as you can.

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | Very often | Often | Sometimes | Not that often | Rarely |
| I take medication only when I’m in a lot of pain |  |  |  |  |  |
| I only take something if it’s really bad |  |  |  |  |  |
| I only take medication when it’s absolutely necessary |  |  |  |  |  |
| I always take something if I’m in pain |  |  |  |  |  |
| If I’m in pain I need medication to fix it |  |  |  |  |  |
| I don’t hesitate to take painkillers |  |  |  |  |  |
| I prefer to let my body fight it out |  |  |  |  |  |
| I do nothing just let it pass |  |  |  |  |  |
| I try to ignore it and get on with it |  |  |  |  |  |

Scoring:

5 = Very often

4 = Often

3 = Sometimes

2 = Not that often

1 = Rarely

Reverse score statements 7,8 and 9. A high score indicates greater propensity to self-medicate.