

Clinical Substance Use Motives Questionnaire (CSMQ)

INSTRUCTIONS: Listed below are reasons people might be inclined to use substances. Using the five-point scale below, decide how frequently your own substance use is motivated by each of the reasons listed.

You use substances...	Almost Never/	Some of the	Half of the	Most of the	Almost Always/
Social/Enhancement					
As a way to celebrate	1	2	3	4	5
Because it is what most of my friends do when we get together	1	2	3	4	5
To be sociable	1	2	3	4	5
Because it is customary on special occasions	1	2	3	4	5
Because it makes a social gathering more enjoyable	1	2	3	4	5
Because I feel more self-confident or sure of myself	1	2	3	4	5
Because it is exciting	1	2	3	4	5
To get a high	1	2	3	4	5
Because it's fun	1	2	3	4	5
Because it makes me feel good	1	2	3	4	5
Other Substance Use					
Because I was under the influence of another substance	1	2	3	4	5
To counteract the effects of other substances	1	2	3	4	5
Coping with Anxiety					
To relax	1	2	3	4	5
Because it helps me when I am nervous	1	2	3	4	5

To reduce my anxiety	1	2	3	4	5
Withdrawal					
To prevent feeling sick from substance use	1	2	3	4	5
To avoid withdrawal symptoms	1	2	3	4	5
Loneliness					
To make me feel less alone	1	2	3	4	5
To stop me from feeling so hopeless about the future	1	2	3	4	5
Because it helps me feel less lonely	1	2	3	4	5
To help me feel more positive about things in my life	1	2	3	4	5
Pain/Sleep					
To deal with physical pain	1	2	3	4	5
To reduce my nightmares or night terrors	1	2	3	4	5
Because it makes my physical pain bearable	1	2	3	4	5
To numb my pain	1	2	3	4	5
Coping with Depression					
To cheer me up when I'm in a bad mood	1	2	3	4	5
Because it helps me when I am feeling depressed	1	2	3	4	5
To forget painful memories	1	2	3	4	5
To stop me from dwelling on things	1	2	3	4	5
To turn off negative thoughts about myself	1	2	3	4	5
To forget my worries	1	2	3	4	5
Relieving Boredom/Getting Energy					

Because I have nothing else to do	1	2	3	4	5
To give me energy	1	2	3	4	5
It is something to do when I am bored	1	2	3	4	5

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