



CRAV-HERO v1.0
Behavioural Covariates of Heroin Craving

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Try to imagine the situations described below, even if some seem very unlikely.
Use the code that best suits your current state

1. If you had plenty of money, how much would you pay over the normal price for a dose of heroin that would be the last available for the next 24 hours?
(0) I would not buy the heroin
(1) Not one penny;
(2) A reasonable amount, but not over 50% of the normal price;
(3) Probably any amount;
(4) Definitely any amount.
2. You only have half the usual dose for the next 10 hours, after which you will only have another half. What will you do?
(0) I do not care about heroin because I don't need it;
(1) I will wait for 10 hours so that I can take the full dose and get a good 'sensation';
(2) I will try to wait, but I will take the first half before the 10 hours is over;
(3) I will take it immediately, because I cannot resist it;
(4) I will take it immediately, and I will then take something to cheer me up like alcohol, tranquilizers, amphetamines or cocaine.
3. The only syringe available does not look good. It could be that someone with an infection has used the syringe. What will you do?
(0) I will not inject. In any case, I think that every addict must use his/her own syringe and just once;
(1) If the syringe does not look good, I will not inject;
(2) If the syringe does not look good, I will not give myself an injection with heroin, I will snort it;
(3) I will probably take it and give myself an injection with heroin anyway, who knows if the syringe is really infected?
(4) Who cares! I am taking a shot of heroin now.
4. On average, how much time per day do you spend thinking about injecting?
(0) I never think about it;
(1) I only think about it when I'm in situations that remind me about using heroin;
(2) I think about it a bit, but not that much;
(3) I think about it a lot;
(4) I think about it most of the time.
5. To what extent has heroin replaced the pleasure of a good sexual or personal relationship, or anything else that you enjoyed before you started injecting?
(0) There is no problem;
(1) Not even a little;
(2) Just a little;
(3) Quite a lot;
(4) Very much so.
6. Today you are very lucky, you have some heroin in your pocket, but no one knows whether there will be any available tomorrow. What do you do?
(0) I will not use it, and the problem does not worry me;
(1) I will take the usual dose and save a little;
(2) I will save a little, but I doubt whether it will still be there tomorrow;
(3) I would like to save some, but I know definitely I will use it all before tomorrow;
(4) When I inject, I use the whole lot and don't even think about saving any.

7. They have finally invented the 'anti-withdrawal' pill, which does not take away the 'desire for heroin' but does not make you feel down, either. Next week there will be no heroin. What will you do?

- (0) I will not use any and the problem has nothing to do with me, anyway;*
- (1) I take the pill and do not even think about heroin;*
- (2) I take the pill so that I'm not sick, but I'm a little disappointed that there will be no heroin;*
- (3) I will take the pill, but I do feel a little angry;*
- (4) I will take the pill, but I do feel angry.*

8. For some reason, a friend of yours has decided to give you a bit of heroin. You are trying to rehab.

- (0) I disapprove of his action;*
- (1) I refuse his offer;*
- (2) I refuse the offer, but doing so annoys me a bit;*
- (3) Right now I feel able to reject the offer, but I probably won't manage to resist if he insists;*
- (4) I will definitely accept the offer in the end.*

9. When you feel down and there is not enough heroin, do you use other substances to 'compensate' for that loss, such as alcohol, benzodiazepines, or sleeping pills?

- (0) I no longer feel the 'shrinkage';*
- (1) I only use medications prescribed by my doctor;*
- (2) Sometimes I use other substances;*
- (3) I often use other substances;*
- (4) I almost always use other substances.*

10. Imagine that you could have the heroin you wanted, now, without any problems.

- (0) I do not use heroin;*
- (1) I do not care about heroin, I have to rehab;*
- (2) I would manage my heroin use and continue to lead a normal life;*
- (3) I could more or less manage my heroin use, but sometimes I would go crazy;*
- (4) It would drive me mad from morning to night.*

11. Your imaginary friend has some heroin to give to you for free. However, he lives far away, in a place that is only accessible by public transport or otherwise. You have a car available, but you have to wait 12 hours for a mechanic. What do you do?

- (0) Heroin is not an issue as far as I'm concerned;*
- (1) I will not go because it is too far away;*
- (2) I will wait the 12 hours and then go by car;*
- (3) I will find someone to take me there;*
- (4) I will go there straight away, even if it means having to go on foot.*

12. You have all the other materials needed to get your fix from heroin, but you are missing your heroin, and other substances too, which are better than nothing, right? What will you do?

- (0) I do not care about heroin or other substances that work a bit like heroin;*
- (1) I won't get my fix from heroin, and I don't care;*
- (2) I won't get my fix from heroin, and I feel a bit disappointed;*
- (3) I won't get my fix from heroin, and I feel very upset;*
- (4) I am looking for something that I think 'works' and I will get my fix with that.*

13. Let's say that you are now at the Cinema Hall, and in the movie someone is using heroin. You have a little bit of heroin in your pocket. What do you do?

- (0) I never have heroin with me;*
- (1) I do not care, and I am still feeling comfortable;*
- (2) I feel a bit of desire to use heroin;*
- (3) I would like to use heroin. I can wait till the end of the movie to use it;*
- (4) I have the urge to take heroin; I will go out immediately or maybe I will use it indoors.*

14. How much is your degree of craving for heroin?

- (0) absent;*
- (1) mild;*
- (2) moderate;*
- (3) strong;*
- (4) "just crazy".*