

**DSWS v1.0**  
**DELTITO SUBJECTIVE WELLNESS SCALE**  
 ©Addiction Research Methods Institute  
 Available at: [www.wftod.org](http://www.wftod.org)

Surname <input style="width: 95%;" type="text"/>	Name <input style="width: 95%;" type="text"/>
Initials Surname and Name, Birth ddmmyy, Provincial Code <input style="width: 98%;" type="text"/>	
Date (ddmmyy) <input style="width: 95%;" type="text"/>	Name of the rater <input style="width: 95%;" type="text"/>

The DSWS is to be used adjunctively with other addiction rating scales that focus on traditional symptoms of addiction. It looks at three separate time periods in the assessment of the patient’s well-being. Time one is defined as “now” and characteristic of the past week. Time two is defined as “during the worst week of your current or most recent addictive episode”. Time three is defined as “the best week you have had in the previous 5 years”. The DSWS is to be filled out directly by the patient following a clinician’s explanation to verify patient understands.

<u>No way whatsoever</u>	<u>To a Minor Extent</u>	<u>To a Major Extent</u>	<u>To the Highest Extent Possible</u>
<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>

	Current Week	Worst Week in Most Recent Episode	Best Week in Last 5 years
1. I am interested and/or engaged in Hobbies and Leisure time activities (example: sports, reading, vacations, playing cards, etc. )			
2. I am interested and /or engaged in romantic and sexual pursuits			
3. I am able to perform my usual Occupational, Academic and/or Home Care duties			
4. I am interested in meeting new people and having varied new pleasurable experiences			
5. I have a sense of spiritual harmony (whether defined as part of a formal religion or of a more individualistic manner)			
6. I am at peace with the important people in my life			
7. I can approach the world with a reasonable sense of optimism and hopefulness for the future			
8. I feel I am basically able to do the enjoyable things in life that make life worth living			
9. I can deal well with the everyday annoyances of daily life ( example: long waits on hold while on the telephone conducting business, Loud people on their cell phones when you are trying to concentrate on something)			
10. I can deal well with the major serious tragedies and painful experiences of life (example: death of a loved-one or pet, romantic betrayal, poor physical health)			

Clinician’s Note: For research purposes, please contact Icro Maremmani, MD ([icromaremmani@gmail.com](mailto:icromaremmani@gmail.com)) so the use of this scale can be monitored.