

Barriers Questionnaire (1.0D)

IP

There are many different reasons why people who use drugs do not seek help. Here are some reasons that people give, as to why they don't seek treatment or other kinds of help. Please indicate how important each of these was **for you** as a reason why you did not seek help. Please **circle** one answer for each reason.

FOR OFFICE USE ONLY

_____ Study

_____ ID

_____ Point

_____ Date

_____ Raid

BAROOD-- Constructed 10/95 3 Pages

| Was this an important reason why you did not seek help with regard to your drug use? | No, not at all | Somewhat Important | Important | Very Important |
|---|-----------------------|---------------------------|------------------|-----------------------|
| 1. My drug use seemed fairly normal to me. | 0 | 1 | 2 | 3 |
| 2. No one told me I had a problem with drugs or encouraged me to seek help. | 0 | 1 | 2 | 3 |
| 3. I didn't think I had a serious problem with drugs. | 0 | 1 | 2 | 3 |
| 4. I thought I could handle it on my own. | 0 | 1 | 2 | 3 |
| 5. I didn't think of myself as an addict. | 0 | 1 | 2 | 3 |
| 6. I was concerned about what other people would think of me if I went for help. | 0 | 1 | 2 | 3 |
| 7. I was too embarrassed or ashamed. | 0 | 1 | 2 | 3 |
| 8. I thought that my family would be embarrassed. | 0 | 1 | 2 | 3 |
| 9. I thought my job might be in danger if I went for help. | 0 | 1 | 2 | 3 |
| 10. I didn't know where to go for help. | 0 | 1 | 2 | 3 |
| 11. I didn't want to be told to stop using drugs. | 0 | 1 | 2 | 3 |
| 12. I didn't think it would do any good. | 0 | 1 | 2 | 3 |
| 13. I couldn't afford to pay for help. | 0 | 1 | 2 | 3 |
| 14. I had no transportation, no way to get there. | 0 | 1 | 2 | 3 |
| 15. I needed someone to take care of my children while I was getting help. | 0 | 1 | 2 | 3 |

| Was this an important reason why you did not seek help with regard to your drug use? | No, not at all | Somewhat Important | Important | Very Important |
|---|-----------------------|---------------------------|------------------|-----------------------|
| 16. I didn't have the time. | 0 | 1 | 2 | 3 |
| 17. I was afraid I'd be put into a hospital. | 0 | 1 | 2 | 3 |
| 18. I didn't think I needed any help. | 0 | 1 | 2 | 3 |
| 19. Someone important to me disapproved of my getting help. | 0 | 1 | 2 | 3 |
| 20. I hate being asked personal questions. | 0 | 1 | 2 | 3 |
| 21. I was afraid that I would fail, or that it wouldn't help me. | 0 | 1 | 2 | 3 |
| 22. I thought I was too young to be getting help or treatment. | 0 | 1 | 2 | 3 |
| 23. I didn't want somebody telling me what to do with my life. | 0 | 1 | 2 | 3 |
| 24. I've had a bad experience with treatment before. | 0 | 1 | 2 | 3 |
| 25. Somebody I know had a bad experience with treatment. | 0 | 1 | 2 | 3 |
| 26. I was afraid of what might happen in treatment. | 0 | 1 | 2 | 3 |
| 27. My drug use wasn't causing any problems as far as I could see. | 0 | 1 | 2 | 3 |
| 28. I don't like to talk in groups. | 0 | 1 | 2 | 3 |
| 29. I liked drugs and didn't want to give them up. | 0 | 1 | 2 | 3 |
| 30. I thought I'd lose my friends if I went for help. | 0 | 1 | 2 | 3 |
| 31. I was worried about the bad feelings of going through withdrawal from drugs. | 0 | 1 | 2 | 3 |
| 32. I didn't know how I could live without drugs. | 0 | 1 | 2 | 3 |
| 33. I thought that going for help might get me in legal trouble. | 0 | 1 | 2 | 3 |
| 34. It just seemed like too much trouble to go for help. | 0 | 1 | 2 | 3 |

| Was this an important reason why you did not seek help with regard to your drug use? | No, not at all | Somewhat Important | Important | Very Important |
|---|-----------------------|---------------------------|------------------|-----------------------|
| 35. I liked getting high. | 0 | 1 | 2 | 3 |
| 36. I couldn't get time off from work. | 0 | 1 | 2 | 3 |
| 37. Using drugs was a way of life for me. | 0 | 1 | 2 | 3 |
| 38. Drugs really had not caused much trouble or problems for me. | 0 | 1 | 2 | 3 |
| 39. I was afraid of the people I might see. | 0 | 1 | 2 | 3 |
| 40. Drugs were not my main problem. | 0 | 1 | 2 | 3 |
| 41. I didn't feel safe going where I'd have to go for help. | 0 | 1 | 2 | 3 |
| 42. There seemed to be more good than bad about drugs for me. | 0 | 1 | 2 | 3 |
| 43. Other people discouraged me from seeking help. | 0 | 1 | 2 | 3 |
| 44. I don't like to talk about my personal life with other people. | 0 | 1 | 2 | 3 |
| 45. I thought people would make fun of me. | 0 | 1 | 2 | 3 |
| 46. I didn't know what would happen to me. | 0 | 1 | 2 | 3 |
| 47. I didn't want to go to AA, CA, NA, or other twelve-step groups. | 0 | 1 | 2 | 3 |
| 48. I thought that "help" was for people who had worse problems than mine. | 0 | 1 | 2 | 3 |
| 49. I had no insurance to pay for it. | 0 | 1 | 2 | 3 |
| 50. I thought my troubles would just go away without any help. | 0 | 1 | 2 | 3 |

Were there any other important reasons why you did not seek help? If so, please write them here: