Today’s Date: \_\_\_\_\_

TLFB 90 Day Period Start Date: \_\_\_\_\_

*Day number: \_\_\_ (range 1 to 90)*

1. Have any illicit substances or alcohol been used on this day? \_ 0. No \_ 1. Yes

2. Alcohol - number of standard drinks: \_\_\_\_\_

3. Cannabinoids/ Marijuana \_ 0. No \_ 1. Yes

4. Cocaine \_ 0. No \_ 1. Yes

5. Crack \_ 0. No \_ 1. Yes

6. Amphetamine-type stimulants \_ 0. No \_ 1. Yes

7. Opioid analgesics, including methadone \_ 0. No \_ 1. Yes

8. Heroin \_ 0. No \_ 1. Yes

9. Hallucinogens, including MDMA/ecstasy \_ 0. No \_ 1. Yes

10. Sedatives and hypnotics, excluding Benzodiazepine \_ 0. No \_ 1. Yes

11. Benzodiazepines \_ 0. No \_ 1. Yes

12. Inhalants \_ 0. No \_ 1. Yes

Other Drugs

13. Other drug, specify (enter name - 1): \_\_\_ \_ 0. No \_ 1. Yes

14. Other drug, specify (enter name - 2): \_\_\_ \_ 0. No \_ 1. Yes

Comments:

Notes: Any “yes” response indicates possible substance usage.

Reference:

Sobell LC, Sobell M (1996). Timeline Followback Method (Drugs, Cigarettes, and Marijuana).

Sobell LC, Sobell MB, Buchan G, Cleland PA, Fedoroff I, Leo GI (1996). The reliability of the Timeline Followback method applied to drug, cigarette, and cannabis use. Paper presented at the 30th Annual Meeting of the Association for Advancement of Behavior Therapy, New York, NY, November 1996.

Robinson SM, Sobell LC, Sobell MB, Leo GI (2012). Reliability of the Timeline Followback for Cocaine, Cannabis, and Cigarette Use. Psychol Addict Behav. 2012 Dec 31, Advance online publication, doi: 10.1037/a0030992

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