

CUPIT WRISTBANDS

DEVELOPED by CAYAD NELSON

pot, dope, weed? check your score at www.cupit.nz

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**CUPIT is a cannabis use problems test developed in Nelson
by Dr Jan Bashford (via Massey University).**

CUPIT can be used by anyone to see if
their current cannabis use is
risky or problematic.

CAYAD* aims to minimise drug-related harm for young people,
so we developed these CUPIT wristbands for young people who
are or might be cannabis users.

You can find all the reference material and background information at the
link for clinicians on the CUPIT homepage: www.cupit.nz

Please note: You are welcome to use your own funding to order more
CUPIT wristbands. While we are happy for you to use any other colours, we
went through a process of asking various colleagues and young people
about the wording for the wristbands, so if you would like to print any
please don't change the wording without checking with us first.

roseyd@healthaction.org.nz

Also note that we purchased the short URL www.cupit.nz for a duration of 5
years until 24 March 2022, after which we will review whether to renew it.

(The Massey short URL is: <http://www.massey.ac.nz/cupit>

The full URL is: http://www.massey.ac.nz/massey/learning/departments/school-of-psychology/research/cupit/cupit_home.cfm)

We ordered our wristbands from www.dynamicgift.co.nz

* CAYAD (Community Action on Youth & Drugs) is a Ministry of Health funded initiative
to reduce alcohol or other drug-related harm for young New Zealanders.

<https://cayad.org.nz/>

QR Codes

We also created QR codes that point to CUPIT, using <https://www.unitag.io/qrcode> to generate them. We have not used them, but they have potential to be used in poster or sticker applications, t-shirts, key-rings, etc.

High-Resolution QR code:



Another version:



CUPIT

Developed in Nelson NZ:

Dr Jan Bashford developed the CUPIT among Nelson-Marlborough cannabis-using adults and adolescents to increase and expedite the detection of problematic cannabis use among users so that the appropriate assistance for these problems can be offered as soon as possible.

Academically developed:

There are several papers showing CUPIT to be reliable, accurate and valid. Relevant links are here: <http://www.massey.ac.nz/cupit>

CUPIT has been identified as one of only 3 Cannabis-specific screening tools available internationally (of 47 reviewed) appropriate for use among the general population.

International Use:

The CUPIT has been translated into several languages and is now widely-used internationally in population research, theses, clinical trials, among juvenile offenders (Texas and elsewhere), university students, etc. It is being employed as the cannabis measure in the large Dutch longitudinal adolescent population study series examining all aspects of health and development among adolescent cohorts aged from 11 years (TRAILS). Dr Bashford frequently receives requests for its use in other international settings. Most recently, Dr Bashford was a co-author in a paper published in *Drug and Alcohol Dependence* 2017, Vol. 170, pp 32-36 in which the CUPIT was translated into Spanish and validated for use among Chilean university students.

It is also referenced in the United Nations Office of Drugs and Crime 2017 publication *Prevention Of Drug Use And Treatment Of Drug Use Disorders In Rural Settings* (p62).

NZ use:

While CUPIT is well-recognised internationally, it is not yet as widely known within New Zealand, however it is included as an option for use in GP consultations in Helen Moriarty's paper (Moriarty, Stubbe and Bradford, 2009 Otago Medical School) on the MOH website. Helen was a member of the EACD. The paper is here:

<http://www.health.govt.nz/publication/opportunities-alcohol-and-other-drug-advice-gp-consultation>

CUPIT was presented at the Matua Raki Addiction Leadership Day in 2016 – a summary of the presentation is at this link: <http://www.matuaraki.org.nz/news/cannabis-use-problems-identification-test-cupit-a-measure-of-current-and-developing-cannabis-related-problems/851>

Freely available:

CUPIT is available in the public domain for clinical or individual cannabis users at no cost - in a self-adding interactive format with support /treatment contacts provided (hosted on the Massey University website at the link above.)