

Supplementary Self-Assessment Questionnaires

Addiction

Many musicians are exposed to addictive substances leading to the possibility of addiction

Have you a healthy relationship with addictive substances?

	Yes/ No Rate Tick	Action Required? Yes/ No
Smoking		
Do you smoke?		
How do you rate of consumption?		
Minimal		
Moderate		
Excessive		
Drinking		
Do you drink?		
How do you rate of consumption?		
Minimal		
Moderate		
Excessive		
Drugs		
Do you take drugs?		
How do you rate of consumption?		
Minimal		
Moderate		
Excessive		
Do you accept the use of addictive substances may have a detrimental effect on your career?		
How would you rate your relationship with addictive substances? (0=Very Unhealthy, 5=Very Healthy)		
Do you need to obtain more information?		
Do you need professional advice?		
Do you need to take action? (List Below)		