

## SCRA Withdrawal Symptom Severity Index

The SWSSI is a tool to help assess the nature and level of symptoms associated with cessation of SCRA use (Spice, Mamba.) There is a lack of evidence regarding the extent of and reasons for withdrawal symptoms for SCRA use, and this is a guidance tool to help shape symptomatic responses.

Symptom		Severity Score	Notes: (description, frequency, level of distress)
A group: pain; may require analgesia B: muscular/movement: H: fluid loss: may require fluids G: Gastro-intestinal symptoms P: Psychological symptoms C: cardio-vascular symptoms		0 – not experienced 1 – very mild 2 – mild 3 – significant 4 – severe 5 – v. severe	
A1	Headaches	0 1 2 3 4 5	
A2	Neural pain	0 1 2 3 4 5	
A3	Aching muscles or joints	0 1 2 3 4 5	
B4	Poor fine motor control/ shakes	0 1 2 3 4 5	
B5	Convulsions/fits	Present yes/no	
6	Cold spells	0 1 2 3 4 5	
H7	Hot flushes	0 1 2 3 4 5	
H8	Sweating	0 1 2 3 4 5	
G9	Loss of appetite	0 1 2 3 4 5	
G10	Stomach cramps	0 1 2 3 4 5	
G11	Dry heaving/retching	0 1 2 3 4 5	
G12	Vomiting	0 1 2 3 4 5	
G13	Bowel pain/cramps	0 1 2 3 4 5	
P14	Craving	0 1 2 3 4 5	
P15	Sleeplessness/Insomnia	0 1 2 3 4 5	
P16	Strange/vivid dreams	0 1 2 3 4 5	
P17	Anxiety/panic/paranoia	0 1 2 3 4 5	
C18	Fast heart rate	0 1 2 3 4 5	
P19	Delusional thoughts	Present yes/no	
P20	Hallucinations	Present yes/no	
X	Other	0 1 2 3 4 5	

Symptom levels	Scoring	Possible interventions
<b>Non-pharmacological</b>		
<b>Users with little/no physical dependency</b>	Scores of 0 or 1 across all domains. Answers <no> to B5, P19, P20	Craving management, Relaxation and anxiety management Abstaining from caffeine
<b>Users with mild physical symptoms</b>	Low scores in As No scores in Bs Low scores in Hs Scores 1-2 in G9,G10,G11 No score in G12,G13 Low scores in P14-17 Low score in C18 Answers no to P19, P20	As above, plus: Fluids/rehydration to replace those lost through nausea and sweating Peppermint oil, peppermint tea
<b>Pharmacy/OTC</b>		
<b>Mild to moderate symptoms</b>	Scores of 2-3 in A1, A2, A3  Scores 2-3 in G10,11,12 Scores 3-5 in G13 P15, P16, P17	Analgesia: paracetamol (due to stomach irritation/damage through nausea, probably better to avoid Ibuprofen or Aspirin)  Buscopan (some risk of misuse) Loperamide Anxiety/Sleep: chlorphenamine, diphenhydramine etc
<b>Prescribed/OTC</b>		
<b>Moderate to Severe symptoms</b>	A1,A2,A3: scores of 3-4  High scores (4-5) in A2, A3, B4 and P15, P16, P17  High scores in G9-G13 Nausea/vomiting  High score P14 (craving)	Analgesia: paracetamol or co-codamol  Significant neural pain/anxiety/insomnia: possibly Pregabalin or benzodiazepines or mirtazapine  Buscopan, Promethazine, Mirtazapine?  Mirtazapine?
<b>Inpatient</b>		
<b>Serious symptoms including psychosis</b>	Answered <yes> to any of B5, P19, P20  High scores: P17 but not B5, P19, P20 High score: C18	Anti-psychotics, benzodiazepines  Mirtazapine? Pregabalin? benzodiazepines  Clonidine?