

# Timeline Followback Method (Drugs, Cigarettes, and Marijuana)

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<b>Acronym:</b>	TLFB—Drug, Cigarette, and Marijuana
<b>Author/Developer :</b>	<p>Sobell, L. C., Sobell, M. B., Buchan, G., Cleland, P. A., Fedoroff, I., &amp; Leo, G. I. (1996 November). The reliability of the Timeline Followback method applied to drug, cigarette, and cannabis use. Presented at the 30th Annual Meeting of the Association for Advancement of Behavior Therapy. New York, NY.</p> <p>Sobell, Linda C. &amp; Sobell, Mark B. Center for Psychological Studies Nova Southeastern University 3301 College Ave. Ft. Lauderdale, FL. 33314 sobell@nova.edu</p>
<b>Publication dates:</b>	1996.
<b>Description / Type of Assessment:</b>	The TLFB is a method to assess recent cigarette, marijuana, and other drug use. The TLFB can be administered by an interviewer, self-administered, or administered by computer. It involves asking clients to retrospectively estimate their drug, marijuana or cigarette use 7 days to 2 years prior to the interview date. For cigarettes and marijuana, individuals are asked to estimate the number of cigarettes or joints smoked per day. For all other drug use, only frequency of use is captured (i.e., used or did not use). At this time, quantity estimates of other drug use are not meaningful.
<b>Primary use / Purpose:</b>	Assessment (pre- and post-intervention) of cigarette, marijuana, and other drug use.
<b>Domains measured / Life Areas / Problems Assessed:</b>	Quantitative estimations of cigarette, marijuana, and other drug use.
<b>Population:</b>	Males and females ages 14 years and older in the general population and clinical samples.
<b>Administration / Completion Time:</b>	10-30 minutes to complete, depending on the time period.
<b>Scoring Procedures:</b>	The TLFB provides a variety of variables and different ways of reporting individual use levels.
<b>Scoring Time:</b>	Not applicable.
<b>Credentials/Training:</b>	Minimum training is necessary.

<b>Source of Psychometrics:</b>	Sobell, Linda C. & Sobell, Mark B. (See address above).
<b>Languages:</b>	English.
<b>Availability / Inquiries:</b>	Linda C. Sobell (See address above).
<b>Price:</b>	The TLFB for marijuana, cigarettes, and other drug use is copyrighted and there is no cost for use.
<b>Practicability / usefulness:</b>	<p>The TLFB can be used as a clinical and research tool to obtain a variety of quantitative estimates of marijuana, cigarette, and other drug use. These quantitative estimates and drug use-consumption variables can be used to measure change in drug, marijuana, and cigarette use levels in outcome monitoring and evaluation studies. In several studies, data obtained with a method like the TLFB have been sensitive to changes in drug and marijuana use.</p> <p>The TLFB can also be used in clinical settings as a motivational advice feedback tool to analyze clients' marijuana, cigarette, and other drug use and to increase their motivation to change (e.g., feedback at assessment, comparative feedback such as before and during treatment).</p>
<b>Comments:</b>	Although the Alcohol TLFB has been in use for over 25 years, the Marijuana, Cigarette, and Other Drug Use TLFB has been in use for a much shorter period of time. However, at least a dozen studies conducted to date support its psychometric properties for cigarettes and drugs other than alcohol.