

Perceived Barriers for Cannabis Cessation Scale (PBCCS)

Below is a list of potential barriers to quitting cannabis. Please rate how much of a barrier these items would be to you when trying to quit cannabis according to the following scale:

0	1	2	3
Not a Barrier/ Not Applicable	Small Barrier	Medium Barrier	Large Barrier

1. Increased appetite or weight gain
2. Sleep problems or disruption
3. No encouragement or help from friends
4. Having strong feelings such as anger, or feeling upset when you are by yourself
5. Withdrawal symptoms
6. Feeling less in control of your moods
7. Family members or significant others encouraging you to use cannabis
8. Miss the companionship of cannabis
9. No encouragement or help from family members or significant others
10. Having strong feelings such as anger, or feeling upset when you are with other people
11. Thinking about never being able to use cannabis again
12. Friends encouraging you to use cannabis
13. Thinking about cannabis all the time
14. Not knowing for how long it will be very hard not to use cannabis
15. No encouragement at work for not using cannabis
16. Being addicted to cannabis
17. Fear of failing to quit
18. Lack of understanding from family and significant others about what it is like to quit using cannabis
19. Seeing things or people which remind you of cannabis
20. Feeling lost without cannabis