

Alcohol Questionnaire

One Unit of alcohol is: ½ pint average strength beer/lager OR one small glass of wine OR one single measure of spirits.

Note: a can of high strength beer/lager may contain 3-4 units, an alcopop is 1 ½ units of alcohol and a bottle of wine is 10 units of alcohol

Because alcohol use can affect your health and can interfere with certain medications and treatments, it is important that we ask some questions about your use of alcohol. Your answers will remain confidential so please be honest

Please circle the box that best describes your answer to each question

Questions		0	1	2	3	4
1.	How often do you have a drink containing alcohol?	Never	Monthly or less	2-4 times a month	2-3 times a week	4 or more times a week
2.	How many drinks containing alcohol do you have on a typical day when you are drinking?	1 or 2	3 or 4	5 or 6	7 to 9	10 or more
3.	How often do you have six or more drinks on one occasion?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily
4.	How often during the last year have you found that you were not able to stop drinking once you had started?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily
5.	How often during the last year have you failed to do what was normally expected of you because of drinking?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily
6.	How often during the last year have you needed a first drink in the morning to get yourself going after a heavy drinking session?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily
7.	How often during the last year have you had a feeling of guilt or remorse after drinking?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily
8.	How often during the last year have you been unable to remember what happened the night before because of your drinking?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily
9.	Have you or someone else been injured because of your drinking?	No		Yes, but not in the last year		Yes, during the last year
10.	Has a relative, friend, doctor or other health care worker been concerned about your drinking or suggested you cut down?	No		Yes, but not in the last year		Yes, during the last year

Scoring – The score for each answer are shown in the top row

The minimum score (for non-drinkers) is 0 and the maximum is 40

A score of 8 or more indicates a strong likelihood of hazardous or harmful alcohol consumption

A score of 13 or more in women and 15 in men is likely to indicate alcohol dependence