

Date: 3.04.2013

Study ID: JB

1. YOUR DRINKING

Number of standard “drinks” per week: 33 drinks
 Total Number of Heavy Drinking Days over the past month: 23 days
 This means that you drink more than 95 % of men/women

2. RISK FACTORS: OTHER DRUG USE

Other Drug Risk: _____ Low _____ Medium X High

3. NEGATIVE CONSEQUENCES

Recent Alcohol Consumption: AUDIT-C score 13

The higher your score, the more likely you are to have health problems related to your alcohol use and alcohol dependence.

AUDIT-C Score	Associated Health Risks
4 or more	Medication adherence decreases as AUDIT-C score increases
6 or more	Increased risk of gastrointestinal bleeding
8 or more	Increased risk of fracture
10 or more	Increased risk of death

On a scale from one to four, how troubled or bothered you are by alcohol problems: 2

On a scale from one to four, how important treatment for alcohol is to you now: 2

4. BLOOD TESTS

AST: 47 Normal range: 10-42 IU/L
 ALT: 41 Normal range: 7-55 IU/L
 Hepatitis C serology: positive/negative Normal: negative
 CD4 Count: 480 Normal: 500-1,000 cells/mm³
 HIV-1 Viral Load: 40,000 Goal: undetectable
 VACS Index: 29 Range: 0 – 100 (lower is better)

5. WEB-BASED SUPPORT

Number of hours you accessed web-based self-help counseling or other materials for substance use in the past 30 days: 4