

SCREENING FOR UNHEALTHY ALCOHOL USE

ASK CURRENT DRINKERS (NIAAA single question screen)

How many times during the past year have you had **X or more drinks in a day?" (X = 5 for men and 4 for women)**

CAGE

C: Have you felt you ought to **CUT** down on your drinking or drug use?

A: Have people **ANNOYED** you by criticizing your drinking or drug use?

G: Have you ever felt **GUILTY** about your drinking or drug use?

E: Have you ever had a drink or used drugs first thing in the morning?

CRAFFT

C: Have you ever ridden in a **CAR** by someone (including yourself) who was high or was using alcohol or drugs?

R: Do you ever use alcohol or drugs to **RELAX**, feel better about yourself or fit in?

A: Do you ever use alcohol or drugs while you are by yourself? (**ALONE**)

F: Do your family or **FRIENDS** ever tell you that you should cut down on your drinking or drug use?

F: Do you ever **FORGET** things that you did while using alcohol or drugs?

T: Have you gotten in **TROUBLE** while you were using alcohol or drugs?

Exceeds Low Risk DRINKING

	Per Week	Per Occasion
MEN	> 14 Drinks	> 4 Drinks
WOMEN	> 7 Drinks	> 3 Drinks
AGE > 65	> 7 Drinks	> 3 Drinks

Standard Drink = 14g of pure alcohol

1.5 oz of liquor

5 oz glass of wine

12 oz of beer



READINESS TO CHANGE RULER



NOT READY

VERY READY

