

# 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
<b>MEN</b>	> 14 Drinks	> 4 Drinks
<b>WOMEN</b>	> 7 Drinks	> 3 Drinks
<b>AGE &gt; 65</b>	> 7 Drinks	> 3 Drinks

**Standard Drink = 14g of pure alcohol**

1.5 oz of liquor      5 oz glass of wine      12 oz of beer



**NOT READY**

**VERY READY**



