

Alcohol Questionnaire



Countesthorpe
Health Centre

If you drink alcohol please answer the following questions.

To help you work out your alcohol consumption you need to know that:

UNITS					
	Pint of Regular Beer/Lager/Cider	Alcopop or Can of Lager	Glass of Wine (175ml)	Single Measure of Spirits	Bottle of Wine

Questions	Scoring System					Your Score
	0	1	2	3	4	
How often do you have a drink that contains alcohol?	Never	Monthly or less	2-4 times a month	2-3 times per week	4+ times per week	
How many standard alcohol units do you have on a typical day when you are drinking?	1-2	3-4	5-6	7-9	10+	
How often do you have 6 or more standard alcohol units on one occasion?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily	
If you score a total of 5 or more on the above questions, please complete the further questions below.						
How often in the last year have you found that you were not able to stop drinking once you have started?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily	
How often in the last year have you failed to do what was expected of you because of drinking?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily	
How often in the last year have you needed an alcoholic drink in the morning to get you going?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily	
How often in the last year have you had a feeling of guilt or regret after drinking?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily	
How often in the last year have you not been able to remember what happened when drinking the night before?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily	
Have you or someone else been injured as a result of your drinking?	No		Yes, but not in the last year		Yes, during the last year	
Has a relative/friend/doctor or health worker been concerned about your drinking or advised you to cut down?	No		Yes, but not in the last year		Yes, during the last year	
Your total score for all ten questions indicates the following:						
0-7 = sensible drinking		8-15 = hazardous drinking				
16-19 = harmful drinking		20+ = possible dependence				
Would you like information or advice about alcohol consumption?				YES <input type="checkbox"/> NO <input type="checkbox"/>		