



## Alcohol Use Questionnaire

This questionnaire will help you to gauge your own drinking habits and whether or not they are cause for concern. Please read the following statements, recording the indicated numeric score for each true or false response.

**The majority of my friends drink alcohol.**

(True = 1 point; False = 0 points)

**I am able to enjoy parties or social events where alcohol is not served.**

(True = 0 points; False = 3 points)

**I have never been arrested for drunk driving.**

(True = 0 points; False = 3 points)

**I have had unprotected sex because I was intoxicated.**

(True = 2 points; False = 0 points)

**On more than one occasion I have said, “I don’t drink more than anyone else.”**

(True = 2 points; False = 0 points)

**On more than one occasion I have missed work or school because of a hangover.**

(True = 3 points; False = 0 points)

**I have a family history of alcoholism.**

(True = 2 points; False = 0 points)

**I can drink more than most of my peers.**

(True = 3 points; False = 0 points)

**It takes much more alcohol for me to “catch a buzz” now than when I started drinking.**

(True = 3 points; False = 0 points)

**I have tried to cut down on my drinking but it didn’t last very long.**

(True = 3 points; False = 0 points)

### Results

Total your score. If your score is:

**20 to 25 points:** Your responses are consistent with symptoms associated with alcohol dependence. You should consult with a health care professional as soon as possible.

**12 to 19 points:** Your responses are consistent with others who report problems with alcohol. Please consider contacting your health care professional.

**6 to 11 points:** You have some of the risk factors that are consistent with alcohol abuse and/or dependence. Examine the items for which you scored points and determine if the issue is an isolated incident or recurring problem. Please consider contacting your health care professional.

**1 to 5 points:** You may have one or two risk factors associated with alcohol abuse. You should examine the items for which you scored points and assess how alcohol affects you. Consulting with your health care professional could be beneficial.

**0 points:** Congratulations. Your score indicates that presently you have none of the common symptoms associated with alcohol abuse or dependence.

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