ALCOHOL USE SELF-ASSESSMENT

A US study estimates that about 30 percent of Americans report having an alcohol disorder at some time in their lives. Over half had alcohol abuse, the others dependency. - Archives of General Psychiatry (2007)

The following questions assess your use of Alcohol during the past 12 months. Please read each statement and decide if your answer is “Yes” or “No”.

1. My friends and family have expressed concern about my drinking. YES NO
2. I’m unable to enjoy parties or social events where alcohol is not served. YES NO
3. I feel bad about my drinking. YES NO
4. Drinking has created problems in an important relationship. YES NO
5. I have gone to work with a hangover. YES NO
6. I have tried to cut down or stop my drinking. YES NO
7. I have had a legal problem because of my drinking. YES NO
8. I can drink more than most of my peers. YES NO
9. I have to drink more to get the same effect. YES NO
10. I have previously sought help for my drinking. YES NO

Give each “Yes” 1 point (each “No” gets 0 points).

TOTAL SCORE: ________

SCORE:
0-2 You may be showing signs of alcohol abuse. Please contact Workplace Solutions for education, confidential assistance and support.

3-5 You have some of the risk factors that suggest alcohol abuse and/or dependence. Please contact Workplace Solutions for education, confidential assistance and support.

6-10 Your responses strongly suggest that drinking is a problem for you. Please contact Workplace Solutions for confidential assistance and support.
HELPFUL LINKS:

- Understanding Alcohol
- For Teens
  http://www.thecoolspot.gov/
- Alcoholics Anonymous
  http://www.aa.org/

RECOMMENDED READING:

- *If You Loved Me, You'd Stop! What You Really Need to Know When Your Loved One Drinks Too Much* by Lisa Frederiksen. (2009)