

Alcohol Use Problems Screener

Instructions: Not sure if alcohol is a problem for you? This quiz can help you decide whether you could benefit from an assessment by a behavioral health professional. To complete the quiz, check off any of the statements below that are true for you.

- Have you ever felt you should Cut down on your drinking?
- Have people Annoyed you by criticizing your drinking?
- Have you ever felt bad or Guilty about your drinking?
- Have you ever had a drink first thing in the morning to steady your nerves or to get rid of a hangover (Eye opener)?

Results

If you answered yes to 2 or more of these questions:

Your answers tell us that you could benefit from a full assessment by a behavioral health professional. Health Choice can connect you with a behavioral health professional to assess your situation and help you make any needed changes. Please call us at [1-800-322-8670](tel:1-800-322-8670).

If you answered yes to 0 or 1 of these questions:

Your answers don't indicate an alcohol problem at this time. However, this is only a brief screen and does not review your full history. If you are worried about your drinking, we still recommend a complete assessment by a behavioral health professional. Health Choice can connect you with a behavioral health professional to assess your situation and help you make any needed changes. Please call us at [1-800-322-8670](tel:1-800-322-8670).

source: CAGE Questionnaire. JA Ewing, "Detecting Alcoholism: The CAGE Questionnaire" JAMA 252: 1905-1907, 1984.

