

Alcohol Screening Questionnaire

The following questionnaire should be completed by all new patients **aged 16** and over.

Name _____ Date Of Birth _____

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 per month	2 – 3 times per week	4+ times per week	
How many standard alcoholic drinks have on a typical day when you are drinking?	1 – 2	3 – 4	5 – 6	7 – 8	10+	
How often do you have 6 or more standard drinks on one occasion?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily	

If you scored **5** or more please answer the additional questions below

Questions	Scoring System					Your score
	0	1	2	3	4	
How often in the last year have you found you were not able to stop drinking once you had 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/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	

The practice may contact you for further information and offer advice depending on the answers given above.

If you would like more information about safe drinking levels then please contact the surgery.

The NHS recommends:

- Men should not regularly drink more than 3-4 units of alcohol a day.
- Women should not regularly drink more than 2-3 units a day.

'Regularly' means drinking this amount every day or most days of the week.

How many units in a drink?

1 =	 <p>A small bottle (275ml) of lower strength (4%) alcopop</p>	 <p>A half pint of lower strength (4%) lager, beer or cider</p>	 <p>A single measure of spirit (40%)</p>	
2 =	 <p>A standard glass (175ml) of lower strength (12%) wine or champagne</p>	 <p>A pint of lower strength (4%) lager, beer or cider</p>	 <p>A 440ml can of medium strength (4.5%) lager, beer or cider</p>	 <p>A double measure of spirit (40%)</p>
3 =	 <p>A pint of medium strength (5%) lager, beer or cider</p>	 <p>A large glass (250ml) of low strength (12%)</p>	 <p>A large bottle (750ml) of lower strength (4%) alcopop</p>	
4 =	 <p>A large bottle (750ml) of higher strength (5.5%) alcopop</p>	 <p>A 500ml can of high strength (7.5%) lager, beer or cider</p>		