## **Alcohol Questionnaire**

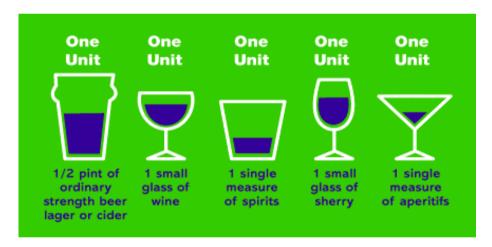
## Dear Patient,

In order to improve the health of our local community we have introduced a new health initiative to help people understand and possibly reduce their alcohol consumption. This provides an opportunity for you to discuss this in confidence with a member of our clinical team.

Most people know that drinking heavily can seriously affect your health. However, did you know that drinking alcohol slightly above the recommended limits can also have in impact on your health including raising your blood pressure and cholesterol, and increasing the risk of heart disease and cancer?

Please answer the questions on the back of this sheet and hand this sheet to the doctor or nurse that you are seeing today. You can use the diagram below to help you work out how much you are drinking every week. Thank you for your cooperation.

Low-risk drinking limits are based upon "standard" measures of alcohol. Most bottles and cans of beer have about the same amount of alcohol as a glass of wine or one shot of distilled spirits. When you think about how much you drink, be sure to count standard drinks.



## A standard drink = 1 unit of alcohol

A pint of ordinary (4%) strength lager (eg. Carling Black Label, Fosters)	=	2.3 drinks/units
A pint of strong lager (eg. Stella Artois, Kronenbourg 1664)	=	3 drinks/units
A pint of beer / ordinary strength ale (eg. John Smith's, Guinness)	=	2.3 drinks/units
A pint of ordinary strength cider (Dry Blackthorn, Strongbow)	=	3 drinks/units
A 440ml can of strong lager (eg. Stella Artois, Grolsch)	=	2.2 drinks/units
A standard 175ml glass of red or white wine	=	around 2 drinks/units
A small (25ml) measure of spirits	=	1 drinks/unit
A large (35ml) measure of spirits	=	1.4 drinks/units
A 275ml bottled alcopop (eg Smirnoff Ice, Bacardi Breezer)	=	1.5 drinks/units

Name:				Date of Birth:		
	you drink ohol?	YES/NO	If yes, how many per week (See diag			
1	How often do	you have a	drink containing	alcohol?		
	0 Never	1 Monthly ( less	or 2-4 times a month	2-3 times a week	4 4 or more times a week	
2	How many dr you are drink		ing alcohol do yo	ou have on a typi	cal day when	

	0	1	2	3	4
	Never	Monthly or	2-4 times a	2-3 times a	4 or more
		less	month	week	times a week
2	How many dri	nks containing ang?	alcohol do you h	nave on a typica	al day when
	0	1	2	3	4
	1 or 2 drinks	3 or 4 drinks	5 or 6 drinks	7, 8 or 9	10 or more
				drinks	drinks
3		you have six or			
	0	1	2	3	4
	Never	Less than	Monthly	Weekly	Daily or
		monthly			almost daily
1	İ	1 11101111111			annoot daily
4		ing the last year	_	d that you were	
4		ing the last year	_	d that you were	
4	stop drinking	ing the last year once you starte	d?	-	not able to
4	stop drinking	ing the last year once you started	d? 2	3	not able to
5	0 Never How often dur expected from	ing the last year once you started 1 Less than	d?  2  Monthly  r have you failed f drinking?	3 Weekly d to do what wa	not able to  4  Daily or almost daily
	o Never	ing the last year once you started  1 Less than monthly  ing the last year	d?  2  Monthly  r have you failed	3 Weekly	not able to  4  Daily or almost daily
	0 Never How often dur expected from	ing the last year once you started  1 Less than monthly  ing the last year you because of	d?  2  Monthly  r have you failed f drinking?	3 Weekly d to do what wa	4 Daily or almost daily s normally

6	How often during the last year have you needed a first drink in the morning to get yourself going after a heavy drinking session?					
	0 Never	1 Less than monthly	2 Monthly	3 Weekly	4 Daily or almost daily	
7	How often during the last year have you had a feeling of guilt or remorse after drinking?					
	0 Never	1 Less than monthly	2 Monthly	3 Weekly	4 Daily or almost daily	
3	How often during the last year have you been unable to remember what happened the night before because you had been drinking?					
	0	1	2 Monthly	3 Weekly	4 Deily er	
	Never	Less than monthly	Wientrity		Daily or almost daily	
9		monthly	een injured as a re		almost daily	
9		monthly			almost daily	
	Have you or s  O  Never  Has a relative	monthly someone else be e or friend or a d	een injured as a re	esult of your o	almost daily drinking?  4 Yes, during the last yea	
9	Have you or s  O  Never  Has a relative	monthly someone else be e or friend or a d	2 Yes, but not in the last year	esult of your o	almost daily drinking?  4 Yes, during the last yea	