

## A comprehensive test on alcohol use

Do your drinking habits bring you more joy or sorrow? Have you ever wanted to cut down? You can assess your own drinking habits with the help of the following test. Please click, or type in where appropriate, the answer that is correct for you. Please answer all 22 questions. Once you are finished, click the Submit button. We will return a web page with your personalized feedback report within a few moments.

How often do you have a drink containing alcohol?

- Never
- Monthly or less
- 2 - 4 times a month
- 2 - 3 times a week
- 4 or more times a week

How many drinks containing alcohol do you have on a typical day when you drink?

- 1 - 2
- 3 - 4
- 5 - 6
- 7 - 9
- 10 or more

How often do you have six or more drinks on one occasion?

- Never
- Less than monthly
- Monthly
- Weekly
- Daily or almost daily

How often during the past year have you found that you were not able to stop drinking once you had started?

- Never
- Less than monthly
- Monthly
- Weekly
- Daily or almost daily

How often during the past year have you failed to do what was normally expected from you because of drinking?

- Never
- Less than monthly
- Monthly
- Weekly
- Daily or almost daily

How often during the past year have you needed a drink first thing in the morning to get yourself going after a heavy drinking session?

- Never
- Less than monthly
- Monthly
- Weekly
- Daily or almost daily

How often during the past year have you had a feeling of guilt or remorse after drinking?

- Never
- Less than monthly
- Monthly

- Weekly
- Daily or almost daily

How often during the past year have you been unable to remember what happened the night before because you had been drinking?

- 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 or friend or a doctor or other health worker been concerned about your drinking or suggested you cut down?

- No
- Yes, but not in the last year
- Yes, during the last year

Monthly calendar

What was your drinking like during a typical month in the last year? We realize this will only be a rough estimate, but please indicate the number of drinks you usually drank on each day of the month in the boxes below.

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Month						

If you didn't drink at all during some months last year, how many months like this there were?

How many drinks did you have the last time you drank alcohol?

In the past year, was there ever a time that you felt your alcohol use had a harmful effect on your friendships or social life?

- No
- Yes

In the past year, was there ever a time that you felt your alcohol use had a harmful effect on your physical health?

- No
- Yes

In the past year, was there ever a time that you felt your alcohol use had a harmful effect on your outlook on life (happiness)?

- No
- Yes

In the past year, was there ever a time that you felt your alcohol use had a harmful effect on your home life or marriage?

- No
- Yes

In the past year, was there ever a time that you felt your alcohol use had a harmful effect on your work, studies, or employment opportunities?

- No
- Yes

In the past year, was there ever a time that you felt your alcohol use had a harmful effect on your financial position?

- No
- Yes

To see where you fit in on a graph of drinking patterns, please tell us a little about yourself.

How old are you?

years.

Are you male or female:

- Male
- Female

How much do you weigh?

kgs.

Do you drink mostly:

- At home
- At restaurant
- Equally at home and at restaurants

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