

The CAGE Questionnaire – Alcohol

Self-assessment tests and screening tools can be the key to identifying, understanding, and getting support for alcohol abuse problems. They are not designed to provide a diagnosis. If you think you or someone you know may have an alcohol problem, please consult a physician for a full evaluation. The goal of screening, therefore, is to determine whether a person should receive a more thorough evaluation.

The scoring is confidential and only for your eyes. The answers to the questions are scored 0 for “no” and 1 for “yes”, with a total score of 2 or greater considered indicative of an alcohol or drug problem.

The CAGE Questionnaire for alcohol:

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