

Concerned about a possible alcohol problem?

Answer the questions below:

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| 1. Do you feel you are a normal drinker? | Yes (0) No (2) |
| 2. Do friends or relatives think you are a normal drinker? | Yes (0) No (2) |
| 3. Have you attended an Alcoholics Anonymous meeting? | Yes (5) No (0) |
| 4. Have you ever lost friends or girlfriends/boyfriends because of drinking? | Yes (2) No (0) |
| 5. Have you ever gotten into trouble at work because of drinking? | Yes (2) No (0) |
| 6. Have you ever neglected obligations, family, or work for 2 or more days in a row because you were drinking? | Yes (2) No (0) |
| 7. Have you every had delirium tremens (DT's), severe shaking, heard voices, or seen things that weren't there after heavy drinking? | Yes (2) No (0) |
| 8. Have you ever gone to anyone for help about your drinking? | Yes (5) No (0) |
| 9. Have you ever been in a hospital due to drinking? | Yes (5) No (0) |
| 10. Have you ever been arrested for drunk driving or driving after drinking? | Yes (2) No (0) |

A score of 6 or more indicates probably diagnosis of alcoholism, except for questions 3, 8, or 9 which are diagnostic.

From: American Journal of Psychiatry, 129(3): Table 3: page 344, a972.

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If you are concerned about your drinking; please speak with a mental health professional or contact: Dr. Aminian (559) 281-4885