

# Alcohol Abuse: Simple Assessment Tests

### **CAGE**

**(Cut down, Annoyed, Guilty, Early-morning)**

- Have you ever felt you should cut down on your drinking?
- Do you get annoyed at criticism of your drinking?
- Do you ever feel guilty about your drinking?
- Do you ever take an early-morning drink (eye-opener) first thing in the morning to get the day started or to eliminate the shakes?

A person who answers yes, sometimes or often to two or more of the questions may have a problem with alcohol. It is also suggested that just one yes answer may indicate a problem.

### **RAPS4**

**(Rapid Alcohol Problems Screen)**

- During the last year, have you had a feeling of guilt or remorse after drinking?
- During the last year, has a friend or a family member ever told you about things you said or did while you were drinking that you could not remember?
- During the last year, have you failed to do what was normally expected from you because of drinking?
- Do you sometime take a drink when you first get up in the morning?

Even one yes answer may indicate a drinking problem.

### **T-ACE for Women**

**(Tolerance, Annoyance, Cut down, Eye-opener)**

- How many drinks does it take to make you feel high? (two or less; more than two)
- Have people annoyed you by criticizing your drinking?
- Have you felt you should cut down or quit?
- Have you ever had a drink first thing in the morning to steady your nerves or get rid of a hangover?

A score of two or more indicates possible risk for pregnant women.

### **TWEAK for Women**

**(Tolerance, Worry, Eye-opener, Amnesia, Cut down)**

- How many drinks does it take for you to get high? (Give score of two if she replies three or more)
- Have close friends or relatives worried or complained about your drinking in the past year?
- Do you sometimes have a drink in the morning when you first get up?
- Has anyone ever told you about things you said or did while you were drinking that you could not remember?
- Do you sometimes feel the need to cut down on your drinking?

A score of two or more indicates a probable problem that should be discussed.