

## *Appendix L: Assessing Alcohol Consumption*

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Ewing, J. (1984). Detecting alcoholism: The CAGE questionnaire. *Journal of the American Medical Association*, 252(14), 1905-1907.

### CAGE Questionnaire

- Have you ever felt you ought to Cut down on your drinking?
- Have people Annoyed you by criticizing your drinking?
- Have you ever 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)?

**Scoring:** One point for each positive answer

Score of 1-3 should create a high index of suspicion and warrants further evaluation.

Score = 1      80% are alcohol dependent

Score = 2      89% are alcohol dependent

Score = 3      99% are alcohol dependent

Score = 4      100% are alcohol dependent