

Cheriton Bishop and Teign Valley Practice Promoting Healthy Living

As part of our practices' desire to improve the health of our patients before problems happen we wonder if you could spend a few moments filling in the following brief questionnaire regarding alcohol consumption. Please be assured this is confidential.

Any of our practice team would be more than happy to help with this or any other issue of health promotion be it reducing alcohol, stopping smoking, weight loss, exercise or general healthy living advice. Please do not hesitate to ask.

1 UNIT	1.5 UNITS	2 UNITS	2 UNITS	9 UNITS
Single measure of spirits or half a pint of beer	Alcopop or can of lager	Pint of regular beer/lager/cider	Glass of wine (175ml)	Bottle of wine

Questions	Scoring System					Your score
	0	1	2	3	4	
How often do you have a drink that contains alcohol?	Never	Monthly or less	2-4 times per month	2-3 times per week	4+ times per week	
How many standard alcoholic units do you have on a typical day	1-2	3-4	5-6	7-8	10+	
How often do you have 6 or more standard drinks on one occasion?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily	
How often in the last year have you found you were not able to stop drinking once you had started?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily	
How often in the last year have you failed to do what was expected of you because of drinking?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily	
How often in the last year have you needed an alcoholic drink in the morning to get you going?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily	
How often in the last year have you had a feeling of guilt or regret after drinking?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily	
How often in the last year have you not been able to remember what happened when drinking the night before?	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/friend/doctor/health worker been concerned about your drinking or advised you to cut down?	No		Yes, but not in the last year		Yes, during the last year	

Scoring: 0-7 = sensible drinking, 8-15 = hazardous drinking, 16-19 = harmful drinking and 20+ = possible dependence

Patient Name.....