

A Screening Test for Alcohol Dependence

This simple 4-question self-test may help you become aware of your use or abuse of alcohol. This test specifically focuses on alcohol use, and not on the use of other drugs.

1. Have you ever felt you should cut down on your drinking?
 - Yes
 - No
2. Have people annoyed you by criticizing your drinking?
 - Yes
 - No
3. Have you ever felt bad or guilty about your drinking?
 - Yes
 - No
4. Have you ever had a drink first thing in the morning to steady your nerves or get rid of a hangover?
 - Yes
 - No

The CAGE questionnaire is used to test for alcohol abuse and dependence in adults. It is not used to diagnose the disease but only to indicate whether a problem might exist.

To learn more about alcohol addiction and treatment options, call RESPOND at (423) 499-2300 or 1-800-542-9600.