

Alcohol Abuse and Alcoholism Test – CAGE Screen

	No (0)	Yes (1)
1. Have you ever thought you should <u>C</u> ut down on your drinking?		
2. Have you ever felt <u>A</u> nnoyed when people have commented on your drinking?		
3. Have you ever felt <u>G</u> uilty or badly about your drinking?		
4. Have you ever had an <u>E</u> ye opener drink when you wake up to steady your nerves or to get rid of a hangover?		

Your Score:

If you scored 1, there is a 75% chance you are addicted to alcohol.

If you scored 2, there is an 85% chance you are addicted to alcohol.

If you scored 3, there is a 95% chance you are addicted to alcohol.

If you scored 4, there is a 99% chance you are addicted to alcohol.

No single test is completely accurate. You should always consult your physician when making decisions about your health.

References

- Ewing, J. A., Detecting alcoholism. The CAGE questionnaire. *JAMA*, 1984. **252**(14): p. 1905-7.
- Bush, B., Shaw, S., Cleary, P., Delbanco, T. L., et al., Screening for alcohol abuse using the CAGE questionnaire. *Am J Med*, 1987. **82**(2): p. 231-5.

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Reference: "I Want to Change My Life" by Dr. S. Melemis. www.IWantToChangeMyLife.org