



Participant No.

Adult Risky Drinking Checkup

Age: ____ Ethnic identification: Caucasian Aboriginal Other

I heard about this event by:
Article Print ad TV Radio Word of mouth Poster Other

I have a relative with alcohol use problems: Yes No

I'm pregnant or breastfeeding: Yes No

The three questions below refer to your alcohol consumption in the past week, a useful indicator of your drinking pattern, provided it was a typical week.

"One drink" means

- one regular-sized bottle of beer or cider (350 ml or 12 oz at 5% alcohol);
- one regular highball or cocktail (50 ml or 1.5 oz shot of hard liquor at 40% alcohol);
- one small glass of wine (150 ml or 5 oz at 12% alcohol); or
- one small glass of sherry or port (85 ml or 3 oz at 18% alcohol).

Questionnaire

Male: Female:

1. How many drinks, if any, have you had each day in the last week? Record the number you consumed on the timeline below

7 days ago 6 days ago 5 days ago 4 days ago 3 days ago 2 days ago Yesterday Total

2. How many times did you combine drinking with one or more of the following?

time(s) driving;

 using machinery;

 situations where alertness is required;

 use of depressant substances, including medications (e.g. painkillers, sleeping pills, tranquilizers);

 pregnancy or breastfeeding

3. How many days, if any, in the past week did you find it difficult or uncomfortable to stop drinking once you started? In other words, on how many days did you experience anxiety or stress at the thought of cutting yourself off from the next drink?

day(s)

Interpretation

An on-site clinician will help you interpret your responses. The clinician will also provide you with a take-home form including your results and with other relevant resource materials.

Staff Use

R1 [Q1]

LR IR HR

R2 [Q1,2]

LR IR HR

R3 [Q1,3]

LR IR

ODP [R1,2,3]

LRP IRP HRP

Additional Clinician Notes (e.g., atypical week, etc.):