

# BRIDGE STREET MEDICAL CENTRE

[www.bridgestreetmedicalcentre.com](http://www.bridgestreetmedicalcentre.com)

**In order to help patients decide if they drink too much alcohol too often, we would like to ask you to complete this quick confidential questionnaire**

**NAME:**.....

QUESTIONS	SCORING SYSTEM					YOUR SCORE
	0	1	2	3	4	
1.How often do you have a drink containing alcohol?	Never	Monthly or less	2-4 times per month	2-3 times per week	4+ times per week	
2.How many units of alcohol do you drink on a typical day when you are drinking?	1-2	3-4	5-6	7-8	10+	
3.How often do you have six or more units of alcohol on one occasion?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily	

**IF YOU SCORE 5+ ON QUESTIONS 1-3 THEN PLEASE COMPLETE REST OF FORM**

4.How often during the last year have you found that you were not able to stop drinking once you had started?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily	
5.How often during the last year have you failed to do what was normally expected from you because of drinking?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily	
6.How often during the last year have you needed a first drink in the morning to get yourself going after a heavy drinking session?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily	
7.How often during the last year have you had a feeling of guilt or remorse after drinking?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily	
8.How often during the last year have you been unable to remember what happened the night before because you had been drinking?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily	
9.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	
10.Has a relative/friend/ health worker been concerned about your drinking or suggested you cut down?	No		Yes, but not in the last year		Yes, during the last year	

**If your total score for questions 1 to 10 is 8+, we would like to invite you to make an appointment with our practice nurse to discuss this further.**

**You can also visit: [www.units.nhs.uk/](http://www.units.nhs.uk/)**