

The **CAGE** Questionnaire

Four simple questions to find out if you are suffering from addiction.

1. Have you ever felt you ought to **C**ut down on your drinking/drug use?
2. Have people ever **A**nnoyed you by criticizing your drinking/drug use?
3. Have you ever felt **G**uilty about your drinking/drug use?
4. Have you ever had a drink or taken a drug first thing in the morning to steady your nerves or get rid of a hangover (**E**yeopener)?

Adapted from: Ewing JA. Detecting Alcoholism: The CAGE Questionnaire. JAMA, 252 : 1905 - 1907, 1984.

FACTors of Addictive Behavior

- F** amily history of addiction (genetic predisposition)
- A** ge of first use (earlier the age of use, more likely to become addicted)
- C** raving (how much, how often, when and where)
- T** olerance (high or low)
- S** urroundings (influence of friends, family and significant other)

12 Questions on Alcohol use

- Do you drink to relax when you have problems?
- Do you drink when you get irritated, frustrated, unhappy or angry?
- Do you drink alone?
- Are your grades slipping and/or are you having trouble at work?
- Do you ever try to stop drinking or drink less and fail?
- Do you drink in the morning?
- Do you guzzle drinks?
- Have you ever forgotten what happened when you were drinking?
- Do you ever lie about your drinking?
- Do you ever get in trouble when you drink?
- Do you get drunk when you drink, even though that was not your intention?
- Do you think it's impressive to be able to drink a lot?

Teen Talk Line