

CAGE Questionnaire

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.)

To take the questionnaire, please think about how each statement applies to you. The questions refer to your feelings and behavior over your whole life. Carefully read each statement and decide whether your answer is yes or no. Please give the best answer or the answer that is right most of the time.

- Have you ever felt you should **C**ut down on your drinking?
- Have people **A**nnoyed you by criticizing your drinking?
- Have you ever felt bad or **G**uilty about your drinking?
- Have you ever had a drink first thing in the morning to steady your nerves or to get rid of a hangover (**E**ye opener)?

Scoring:

Item responses on the CAGE are scored 0 or 1, with a higher score an indication of alcohol problems. A total score of 2 or greater is considered clinically significant.

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Source: Dr. John Ewing, founding Director of the Bowles Center for Alcohol Studies, University of North Carolina at Chapel Hill