

Alcohol Awareness Screening Test

Name: _____ **Date:** _____

Please answer each of the following questions by marking the appropriate response.

| | Seldom Never | Some- Times | Often | Freq- uently |
|--|-----------------|----------------|-------|-----------------|
| After drinking, have you noticed an increase in you heart rate? | | | | |
| When talking with others, do you ever underestimate how much you actually drink? | | | | |
| Does alcohol make you so sleepy you fall asleep in your chair? | | | | |
| After drinking, have you not eaten or been able to skip a meal because you didn't feel hungry? | | | | |
| Does drinking help decrease your shakiness or tremors? | | | | |
| Does alcohol make it hard for you to remember parts of the day or night? | | | | |
| Do you have rules for your self that you won't drink before a certain time of the day? | | | | |
| When you wake up, do you ever have trouble remembering part of the night before? | | | | |
| Does having a drink help you sleep? | | | | |
| Do you hide alcohol bottles from family members? | | | | |
| After a social gathering have you ever felt embarrassed because you drank too much? | | | | |
| Have you ever been concerned drinking might be harmful to your health? | | | | |
| Do you like to end the evening with a nightcap? | | | | |
| Did you find your drinking increased after someone close to you died? | | | | |
| Would you prefer to have a few drinks at home rather than go out to social events? | | | | |
| Are you drinking more now than in the past? | | | | |
| Do you take a drink to relax or calm your nerves? | | | | |
| Do you drink to take your mind off your problems? | | | | |
| Have you ever increased your drinking after experiencing a loss in your life? | | | | |
| Do you drive when you have had too much to drink? | | | | |
| Has a doctor or nurse ever said they were worried or concerned about your drinking? | | | | |
| Have you ever made rules to manage your drinking? | | | | |
| When you feel lonely does having a drink help? | | | | |