

A Test for Problem Drinking

Answer each one of the following questions with one of these four alternatives:

Never, Sometimes, Often, Nearly Always

1. Do you have difficulty in getting the thought of drinking out of your mind?_____
2. Is getting drunk more important than your next meal?_____
3. Do you plan your day around when and where you can drink?_____
4. Do you drink in the morning, afternoon and evening?_____
5. Do you drink for the effect of alcohol without caring what the drink is?_____
6. Do you drink as much as you want, irrespective of what you are doing the next day?_____
7. Given that problems might be caused by alcohol, do you still drink too much?_____
8. Do you know that you won't be able to stop drinking once you start?_____
9. Do you try to control your drinking by giving it up for days or weeks at a time?_____
10. The morning after a heavy drinking session do you need your first drink to get yourself going?_____
11. The morning after a heavy drinking session do you wake up with a definite shakiness of your hands?_____
12. After a heavy drinking session do you wake up and retch or vomit?
13. The morning after a heavy drinking session do you go out of your way to avoid people?_____
14. After a heavy drinking session do you see frightening things that you later realize were imaginary?_____
15. Do you go drinking and find that the next day you have forgotten what happened the night before?_____

Score zero points for each Never, one point for each Sometimes, two points for each Often and three points for each Nearly Always.

People who score above 20 are considered highly alcohol dependent and probably require an abstinence-based program. If you score 15 points or less and do not suffer withdrawal, you may benefit from a self-managed program of moderation, according to Kishline.