

Mental Health Assessment Tools

CAGE QUESTIONNAIRE

- 1. Have you ever felt you ought to **CUT** down on your drinking? YES/NO
- 2. Have people **ANNOYED** you by criticising your drinking? YES/NO
- 3. Have you ever felt **GUILTY** about your drinking? YES/NO
- 4. Have you ever had a drink in the **MORNING** to alleviate withdrawal symptoms, or get rid of a hangover (Eye-opener)? YES/NO

SCORING

Two or more positive responses = probable alcohol problem

He says that he doesn't think he has a problem but he doesn't want to drink any more because his body can't take as much as it used to, but he also feels bad when he's mean & aggressive to others. So stopping is what he wants to do