

## Combating Alcoholism: The CAGE Questionnaire



The CAGE questionnaire was developed in 1970 by Dr. John A. Ewing. It is a combination of four simple questions that can be used for the screening of patients for alcoholism.

A total of two or more positive answers indicates a positive history of alcoholism.

### The addiction assessment:

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

**Please give this simple test serious thought.  
PLEASE!**

**You alone can do it,  
but you cannot do it alone.**