



Alcohol Reality Check (Adult)

normally for persons 19 and older

Participant No.

I heard about this event by:

- Article
 Print ad
 TV
 Radio
 Word of mouth
 Poster
 Other

My age:

- Under 19 yrs
 19-24 yrs
 25-39 yrs
 40-64 yrs
 65+ yrs

The three questions below refer to your alcohol consumption in the past week, a useful indicator of your drinking pattern provided it was a typical week.

A "unit of alcohol" (as in Question 1 below) is equivalent to any of these:

- one regular-sized bottle of beer or cider (350 ml or 12 oz at 5% alcohol)
- one regular highball or cocktail (50 ml or 1.5 oz shot of hard liquor at 40% alcohol)
- one small glass of wine (150 ml or 5 oz at 12% alcohol)
- one small glass of sherry or port (100 ml or 3.5 oz at 18% alcohol)

Questionnaire

Male: Female:

1. How many units of alcohol, if any, have you had each day in the last week? Record the number you consumed on the timeline below.

<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
7 days ago	6 days ago	5 days ago	4 days ago	3 days ago	2 days ago	Yesterday	Total

2. How many times did you combine drinking with one or more of the following?

time(s)

- driving or using machinery
- other situations where alertness is required
- use of depressant substances, including medications (e.g., painkillers, sleeping pills, tranquilizers)
- pregnancy or breastfeeding

3. How many days, if any, in the past week did you find it difficult or uncomfortable to stop drinking once you started? In other words, on how many days did you experience anxiety or stress at the thought of cutting yourself off from the next drink?

day(s)

Interpretation

An on-site clinician will help you interpret your responses and provide you with take-home resource materials.

Staff Use

- Low Risk Pattern
 Increased Risk Pattern
 High Risk Pattern



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