

I Want to Change My Life

Mental Health Information for Individuals, Families and Professionals

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Alcohol Abuse and Alcoholism Test - Based on DSM Criteria

| Have you experienced any the following negative consequences? | No (0) | Yes (1) |
|--|-----------|------------|
| 1. Do you sometimes have difficulty controlling how much you drink or for how long you drink alcohol? | | |
| 2. Have you made unsuccessful attempts to cut down your drinking? | | |
| 3. Do you sometimes spend a significant amount of time drinking or recovering from drinking? | | |
| 4. Has your alcohol use had any negative consequences at home, school, or work? (Have you ever lost time off work because of your drinking?) | | |
| 5. Has your alcohol use had any negative consequences to your relationships or social life? (Have you ever concealed how much you drink? Has anyone ever commented on your drinking?) | | |
| 6. Have you continued to use despite any negative consequences? | | |
| 7. Have you put off things or neglected to do things because of your alcohol use? (Have you ever disappointed your family or friends? Have you ever missed a family event?) | | |

| | | |
|---|--|--|
| 8. Do you occasionally have strong cravings for alcohol? | | |
| 9. Has your tolerance for alcohol increased? Are you able to drink more than you did before? | | |
| 10. Have you experienced withdrawal symptoms the next day after drinking? (Have you ever been shaky or sweaty that evening or the next day?) | | |
| 11. Has your alcohol use led to any dangerous situations? (Have you ever been charged with impaired driving?) | | |

Your Score:

2-3 = Mild alcohol abuse; 4-5 = Moderate alcohol abuse; 6 or more = Severe alcohol abuse.

No single test is completely accurate. You should always consult your physician when making decisions about your health.

Reference

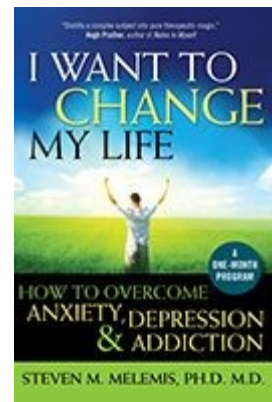
American Psychiatric Association, *DSM-5 The Diagnostic and Statistical Manual of Mental Disorders. 5 ed*, ed. D. Kupfer: American Psychiatric Association.

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Reference: "I Want to Change My Life" by Dr. S. Melemis.
www.IWantToChangeMyLife.org

Last Modified: September 10, 2018

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