

# Brief Alcohol Screening Questions and Standard Drink Card

## Single Binge Drinking (SBD) Question and Quick Drinking Screen (QDS)

The QDS contains four questions about drinking including Question 4, the single binge drinking question

**Question 1. Number of days drinking per week:** "On average in the past \_\_\_ month(s), how many days per week did you drink?" \_\_\_\_\_

**Question 2: Number of standard drinks (SDs) per drinking day:** "When you did drink, on average, how many SDs did you have per day?" \_\_\_\_\_

**Question 3: Number of drinks per week: Multiply Questions 1 x 2 to get** "How many SDs consumed on average per week?" \_\_\_\_\_








**Question 4 (Single Binge Drinking question): Number of days drinking  $\geq 5$  SDs (for men) or  $\geq 4$  SDs (for women)** "How many times in the past \_\_\_ month(s) have you had 5 or more (men) SDs or 4 or more SDs per day?"

### Notes:

1. The temporal interval for these questions can vary depending on the practitioner's needs from the past 30 days (1 month) to the past 12 months
2. Show patients the standard drink card below when asking them about the number of drinks they drink per day.

### What's a "standard" drink?

Many people are surprised to learn what counts as a drink. In the United States, a "standard" drink is any drink that contains about 0.6 fluid ounces or 14 grams of "pure" alcohol. Although the drinks below are different sizes, each contains approximately the same amount of alcohol and counts as a single standard drink.

12 fl oz of regular beer	=	8-9 fl oz of malt liquor (shown in a 12-oz glass)	=	5 fl oz of table wine	=	3-4 oz of fortified wine (such as sherry or port; 3.5 oz shown)	=	2-3 oz of cordial, liqueur, or aperitif (2.5 oz shown)	=	1.5 oz of brandy (a single jigger or shot)	=	1.5 fl oz shot of 80-proof spirits ("hard liquor")
												
about 5% alcohol		about 7% alcohol		about 12% alcohol		about 17% alcohol		about 24% alcohol		about 40% alcohol		about 40% alcohol