

## Brief health screen

We ask all our adult patients about substance use and mood because these factors can affect your health. Please ask your doctor if you have any questions. Your answers on this form will remain confidential.


### Alcohol:

One drink =



12 oz.  
beer



5 oz.  
wine



1.5 oz.  
liquor  
(one shot)

	None	1 or more
<b>MEN:</b> How many times in the past year have you had 5 or more drinks in a day?	<input type="radio"/>	<input type="radio"/>
<b>WOMEN:</b> How many times in the past year have you had 4 or more drinks in a day?	<input type="radio"/>	<input type="radio"/>

**Drugs:** Recreational drugs include methamphetamines (speed, crystal) cannabis (marijuana, pot), inhalants (paint thinner, aerosol, glue), tranquilizers (Valium), barbiturates, cocaine, ecstasy, hallucinogens (LSD, mushrooms), or narcotics (heroin).

	None	1 or more
How many times in the past year have you used a recreational drug or used a prescription medication for non-medical reasons?	<input type="radio"/>	<input type="radio"/>

### Mood:

	No	Yes
During the past two weeks, have you been bothered by little interest or pleasure in doing things?	<input type="radio"/>	<input type="radio"/>
During the past two weeks, have you been bothered by feeling down, depressed, or hopeless?	<input type="radio"/>	<input type="radio"/>

*(For the medical professional)*

**Interpreting the Brief screen:**

**Alcohol:** Patients who answer “1 or more” should receive a full alcohol screen (such as the AUDIT).\*

**Drugs:** Patients who answer “1 or more” should receive a full drug screen (such as the DAST).\*

**Mood:** Patients who answer “Yes” to either question should receive a full screen for depression (such as the PHQ-9).

More resources: [www.sbirtoregon.org](http://www.sbirtoregon.org)

\* Smith P, Schmidt S, Allensworth-Davies D, Saitz R. “Primary Care Validation of a Single-Question Alcohol Screening Test.” J Gen Intern Med 24(7):783–8. 2009

\* Smith P, Schmidt S, Allensworth-Davies D, Saitz R. “A Single-Question Screening Test for Drug Use in Primary Care.” Arch Intern Med 170 (13): 1155-1160. 2010