

## Alcohol History

1. Do you drink? How often do you have a drink? What do you drink?
2. Ask about a typical drinking day. It's helpful to ask about strengths of drinks consumed. You can calculate the units consumed in a week and feedback to him at the end of the assessment (time permitting).
3. How long have you been drinking this much?
4. Do you have a strong desire to drink?
5. Do you often end up drinking more than you intend to?
6. Do you need to drink more than you used to in order to get the desired effect?
7. Do you ever get the shakes? What do you do then?
8. What time do you start drinking? Do you need a drink in the morning to steady your nerves?
9. Where do you normally drink? Do you drink by your self or do you drink in company?
10. Take a longitudinal history.
  - When did you have your first drink?
  - When did you start drinking socially?
  - When did it become a problem?
  - Have you ever tried to give up drinking?
  - What happened?
  - How long did you stay off it?
11. How important is drinking to you?
12. Have you had to give up other interests or hobbies because of your drinking?
13. Have your relationships been affected?
14. Any problems at work?
15. Are you aware of any alcohol related health problems? Ask about black outs.
16. Any legal problems? Driving convictions?
17. Any financial problems?
18. Do you take any other illicit drugs/street drugs?
19. Ask about past psychiatric history

### How to assess motivation to stop drinking?

1. Why have you decided to give up now?
2. If previous detoxes: Why were you not able to stay off alcohol the last time? What has changed now?
3. Have you tried to decrease your consumption?
4. What kind of difficulties do you think you will face while coming off alcohol?
5. What would be the benefits of giving up drinking?
6. Does any one else in your house drink excessively?

### Hazardous drinking

Females: > 21 units

Males: > 35 units

### Dependence

Females: > 35 units

Males: > 50 units

### Units of alcohol

- Beers, lagers, cider 1 pint = 2 units, 1 can = 1.5 units

- Strong beer, lager, cider 1 pint = 3-5 units
- Alco pop drinks 1 bottle = 1.5 units
- Red or white wine 1 glass = 1 unit, 1 bottle = 8 units
- Spirits (Gin, Smirnoff vodka, Bacardi) 1 measure = 1 unit, 1 bottle = 13 units
- Fortified wine (sherry) 1 measure = 1 unit, 1 bottle = 30 units
- Baileys 350 mls = 6 units
- Malibu 700 mls = 16 units