

CAGE Questionnaire

C – Cutting down

A – Annoyance by Criticism

G – Guilty feeling

E – Eye-openers

Each of the 4 questions can be answered with a simple yes or no.

- 1.) Have you ever felt you ought to **cut** down on your drinking?
- 2.) Have people **annoyed** you by criticizing your drinking?
- 3.) Have you ever felt bad or **guilty** about your drinking?
- 4.) Have you ever had a drink first thing in the morning to steady your nerves or get rid of a hangover (**eye-opener**)?

References:

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Mayfield, D. (1974). The CAGE questionnaire: Validation of a new alcoholism screening instrument. *The American Journal of Psychiatry*, 131(10), 1121-1123.