

# ***The Johns Hopkins University Hospital Screening Quiz***

According to the developers of this screening quiz, the Office of Health Care Programs at Johns Hopkins University Hospital, if you answer 3 of these questions with a "Yes" it is a definite sign that your drinking behavior is harmful and that you could possibly be considered alcohol dependent or alcoholic.

If you are concerned about your drinking behavior and its effects on your health (as well as on your finances, employment, education, and relationships), you should probably see your doctor or healthcare professional for an assessment.

1. Do you lose time from work due to drinking?
2. Is drinking making your home life unhappy?
3. Do you drink because you are shy with other people?
4. Is drinking affecting your reputation?
5. Have you ever felt remorse after drinking?
6. Have you had financial difficulties as a result of drinking?
7. Does your drinking make you careless of your family's welfare?
8. Do you turn to inferior companions and environments when drinking?
9. Has your ambition decreased since drinking?
10. Do you crave a drink at a definite time daily?
11. Do you want a drink the next morning?
12. Does drinking cause you to have difficulty in sleeping?
13. Has your efficiency decreased since drinking?
14. Is drinking jeopardizing your job or business?
15. Do you drink to escape from worries or trouble?
16. Do you drink alone?
17. Have you ever had a loss of memory as a result of drinking?
18. Has your physician ever treated you for drinking?
19. Do you drink to build up your self-confidence?
20. Have you ever been to a hospital or institution on account of drinking?

source: [http://alcoholism.about.com/od/tests/l/blquiz\\_alcohol.htm](http://alcoholism.about.com/od/tests/l/blquiz_alcohol.htm)