Substance Abuse Screen

During the last 6 months...

1. Have you felt that you use too much alcohol or other drugs? __yes__ no

2. Have you tried to cut down or quit drinking or using alcohol or other drugs? __yes__ no

3. Have you gone to anyone for help because of your drinking or drug use? __yes__ no
   (Such as Alcoholics Anonymous, counselors, or a treatment program)

4. Have you had any health problems? For example have you:
   a. Had blackouts or other periods of memory loss? __
   b. Injured your head after drinking or using drugs? __
   c. Had convulsions, delirium tremens (“DTs”? __
   d. Had hepatitis or other liver problems? __
   e. Felt sick, shaky, or depressed when you stopped? __
   f. Felt “coke bugs” or a crawling feeling under the skin after you stopped using? __
   g. Been injured after drinking or using? __
   h. Use needles to shoot drugs? __

5. Has drinking or other drug use caused problems between you and your family
   or friends? __yes__ no

6. Has your drinking or other drug use caused problems at school or work? __yes__ no

7. Have you been arrested or had other legal problems? (Such as bouncing bad checks, driving while
   intoxicated, or drug possession?) __yes__ no

8. Have you lost your temper or gotten into arguments or fights while drinking or using other
   drugs? __yes__ no

9. Do you need to drink or use drugs more and more to get the effect you want? __yes__ no

10. Do you spend a lot of time thinking about or trying to get alcohol or other drugs? __yes__ no

11. When drinking or using drugs, are you more likely to do something you wouldn't normally do,
   such as break rules, break the law, sell things that are important to you, or have unprotected sex
   with someone? __yes__ no

12. Do you feel bad or guilty about your drinking or drug use? __yes__ no

If you answered yes to one or more of the questions above, misuse or abuse of alcohol and/or drugs could
be a problem and worth exploring with a professional. Feel free to contact one of the psychologists at
Eric Cohen Student Health Center (ECSHC) for a confidential discussion. Please call the ECSHC during
business hours to schedule an appointment with a counselor. In the case of an emergency, an on-call
nurse will assist you during afterhours.