

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)

How many times in the past year have you had 4 or more drinks in a day? _____

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).

How many times in the past year have you used a recreational drug or used a prescription medication for non-medical reasons? _____

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).

Note: The alcohol question asks about four drinks in one day to identify risky drinking among all patients, informed by the validation studies below, as well as a gender inclusive approach to patient care.

Citations:

McNeely J, Cleland C, Strauss S, Palamar J, Rotrosen J, Saitz R. “Validation of Self-Administered Single-Item Screening Questions (SISQs) for Unhealthy Alcohol and Drug Use in Primary Care Patients.” *J Gen Intern Med*, 30, 1757–1764. 2015.

McNeely J, Strauss SM, Saitz R, Cleland CM, Palamar JJ, Rotrosen J, Gourevitch MN. A Brief Patient Self-administered Substance Use Screening Tool for Primary Care: Two-site Validation Study of the Substance Use Brief Screen (SUBS). *Am J Med*. 2015 Jul;128(7):784.e9-19. Epub 2015 Mar 10.

Flentje A, Barger BT, Capriotti MR, Lubensky ME, Tierney M, Obedin-Maliver J, et al. “Screening Gender Minority People for Harmful Alcohol Use.” *PLoS ONE*. 15(4). 2020.

More resources: www.sbirtoregon.org