Cut down, Annoyed, Guilty and Eye-opener (CAGE)

**Please tick (✔) one box for each question**

|  |  |  |
| --- | --- | --- |
| Q1. Have you ever felt you ought to **C**ut down on your drinking?  | Yes ⬜ 1 | No ⬜ 0 |
| Q2. Have people **A**nnoyed you by criticising your drinking? | Yes ⬜ 1 | No ⬜ 0 |
| Q3. Have you ever felt bad or **G**uilty about your drinking?  | Yes ⬜ 1 | No ⬜ 0 |
| Q4. Have you ever had a drink first thing in the morning to steady your nerves or to get rid of a hangover (**E**ye-opener)? | Yes ⬜ 1 | No ⬜ 0 |
| **Total Score:** |  |

**Scoring and interpretation**: The CAGE comprises four questions. Score 1 point for each question answered “yes”. A total score is calculated by summing the points obtained for each CAGE question. The minimum total score possible is 0, and the maximum possible total score possible is 4 (i.e. total score range: 0-4). Obtaining a total score of two or more, indicates alcohol dependence.

**Scoring and interpretation:** Ewing, J.A. Detecting alcoholism: the CAGE questionnaire*.* *JAMA*, 1984. **252**(14): 1905-1907.

**Further information:** Fischer, J.A., Roche, A.M., and Duraisingam, V. *Cut down, Annoyed, Guilty and Eye-opener (CAGE): description, strengths and knowledge gaps*. 2021, National Centre for Education and Training on Addiction (NCETA), Flinders University: Adelaide, South Australia.