**Indigenous Risk Impact Screen (IRIS)**

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

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| --- | --- | --- | --- |
| **Alcohol and Other Drug Risk** | | | |
| Q1. | In the last 6 months have you needed to drink or use drugs more to get the effects you want? | No  Yes, a bit more  Yes, a lot more | ⬜ 1  ⬜ 2  ⬜ 3 |
| Q2. | When you have cut down or stopped drinking or using drugs in the past, have you experienced any symptoms, such as sweating, shaking, feeling sick in the tummy/vomiting, diarrhoea, feeling really down or worried, problems sleeping, aches and pains? | Never  Sometimes when I stop  Yes, every time | ⬜ 1  ⬜ 2  ⬜ 3 |
| Q3. | How often do you feel that you end up drinking or using drugs much more than you expected? | Never/Hardly ever  Once a month  Once a fortnight  Once a week  More than once a week  Most days/Every day | ⬜ 1  ⬜ 2  ⬜ 3  ⬜ 4  ⬜ 5  ⬜ 6 |
| Q4. | Do you ever feel out of control with your drinking or drug use? | Never/Hardly ever  Sometimes  Often  Most days/Every day | ⬜ 1  ⬜ 2  ⬜ 3  ⬜ 4 |
| Q5. | How difficult would it be to stop or cut down on your drinking or drug use? | Not difficult at all  Fairly easy  Difficulty  I couldn’t stop or cut down | ⬜ 1  ⬜ 2  ⬜ 3  ⬜ 4 |
| Q6. | What time of the day do you usually start drinking or using drugs? | At night  In the afternoon  Sometimes in the morning  As soon as I wake up | ⬜ 1  ⬜ 2  ⬜ 3  ⬜ 4 |
| Q7. | How often do you find that your whole day has involved drinking or using drugs? | Never/Hardly ever  Sometimes  Often  Most days/Every day | ⬜ 1  ⬜ 2  ⬜ 3  ⬜ 4 |
| ***Alcohol and Other Drug Risk Score (Q1-Q7):*** | | |  |

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| --- | --- | --- | --- |
| **Mental Health and Emotional Wellbeing Risk** | | | |
| Q8. | How often do you feel down in the dumps, sad or slack? | Never/Hardly ever  Sometimes  Most days/Every day | ⬜ 1  ⬜ 2  ⬜ 3 |
| Q9. | How often have you felt that life is hopeless? | Never/Hardly ever  Sometimes  Most days/Every day | ⬜ 1  ⬜ 2  ⬜ 3 |
| Q10. | How often do you feel nervous or scared? | Never/Hardly ever  Sometimes  Most days/Every day | ⬜ 1  ⬜ 2  ⬜ 3 |
| Q11. | Do you worry much? | Never/Hardly ever  Sometimes  Most days/Every day | ⬜ 1  ⬜ 2  ⬜ 3 |
| Q12. | How often do you feel restless and that you can’t sit still? | Never/Hardly ever  Sometimes  Most days/Every day | ⬜ 1  ⬜ 2  ⬜ 3 |
| Q13. | Do past events in your family, still affect your well-being today (such as being taken away from family)? | Never/Hardly ever  Sometimes  Most days/Every day | ⬜ 1  ⬜ 2  ⬜ 3 |
| ***Mental Health and Emotional Wellbeing Score (Q8-Q13):*** | | |  |

## Scoring and interpretation: Two risk scores are obtained with the IRIS: AOD risk; and mental health and emotional wellbeing risk.

**IRIS score interpretation**

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| --- | --- |
| **AOD risk score:** | * Comprises seven questions (questions 1 – 7) * Calculated by summing responses to questions 1 to 7. The minimum total score possible is 7, and the maximum total score possible is 28 (i.e. total score range: 7-28) * A score of 10 or more is likely to indicate risky AOD drug use. |
| **Mental health and emotional wellbeing risk score:** | * Comprises six questions (questions 8 – 13) * Calculated by summing responses to questions 8-13. The minimum total score possible is 6, and the maximum total score possible is 18 (i.e. total score range: 6-18) * A score of 11 or more is likely to indicate high risk for mental health and emotional wellbeing. |

**Tool citation**: Schlesinger, C., Ober, C., McCarthy, M., et al. The development and validation of the Indigenous Risk Impact Screen (IRIS): a 13-item screening instrument for alcohol and drug and mental health risk*.* *Drug and Alcohol Review*, 2007. **26**(2): 109-117.

**Further information:** Fischer, J.A., Roche, A.M., and Duraisingam, V. *An overview of the Indigenous Risk Impact Screen (IRIS): description, strengths and knowledge gaps*. 2021, National Centre for Education and Training on Addiction (NCETA), Flinders University: Adelaide, South Australia.