

Indigenous Risk Impact Screen (IRIS)

Please tick (✓) one box for each question

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 <input type="checkbox"/> 1 Yes, a bit more <input type="checkbox"/> 2 Yes, a lot more <input type="checkbox"/> 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 <input type="checkbox"/> 1 Sometimes when I stop <input type="checkbox"/> 2 Yes, every time <input type="checkbox"/> 3
Q3.	How often do you feel that you end up drinking or using drugs much more than you expected?	Never/Hardly ever <input type="checkbox"/> 1 Once a month <input type="checkbox"/> 2 Once a fortnight <input type="checkbox"/> 3 Once a week <input type="checkbox"/> 4 More than once a week <input type="checkbox"/> 5 Most days/Every day <input type="checkbox"/> 6
Q4.	Do you ever feel out of control with your drinking or drug use?	Never/Hardly ever <input type="checkbox"/> 1 Sometimes <input type="checkbox"/> 2 Often <input type="checkbox"/> 3 Most days/Every day <input type="checkbox"/> 4
Q5.	How difficult would it be to stop or cut down on your drinking or drug use?	Not difficult at all <input type="checkbox"/> 1 Fairly easy <input type="checkbox"/> 2 Difficulty <input type="checkbox"/> 3 I couldn't stop or cut down <input type="checkbox"/> 4
Q6.	What time of the day do you usually start drinking or using drugs?	At night <input type="checkbox"/> 1 In the afternoon <input type="checkbox"/> 2 Sometimes in the morning <input type="checkbox"/> 3 As soon as I wake up <input type="checkbox"/> 4
Q7.	How often do you find that your whole day has involved drinking or using drugs?	Never/Hardly ever <input type="checkbox"/> 1 Sometimes <input type="checkbox"/> 2 Often <input type="checkbox"/> 3 Most days/Every day <input type="checkbox"/> 4
Alcohol and Other Drug Risk Score (Q1-Q7):		

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

AOD risk score:	<ul style="list-style-type: none">• 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:	<ul style="list-style-type: none">• 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.