

CLIENT HANDOUT 4.1

Personalized Feedback: Where Does Your Alcohol Use Fit In?
Individual and Group Session 1

THINKING ABOUT CHANGING?

Based on your answers to questionnaires you completed earlier, we have prepared a **personalized summary** of your **ALCOHOL USE**. These include:

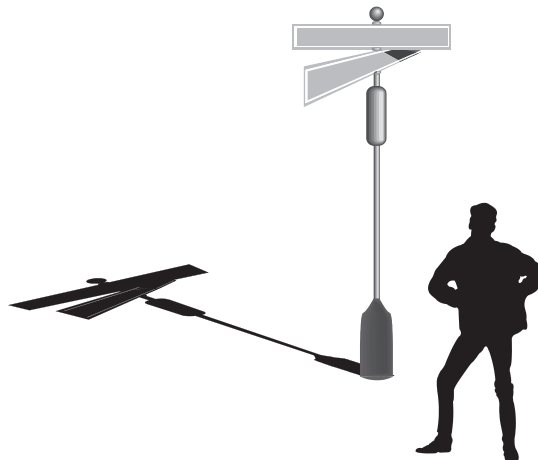
1. **A graph showing how much men and women drink per week. Compare your alcohol use with that of others to see where you fit in.**

You reported drinking on _____ % of the last 90 days.

You reported drinking an average of _____ drinks per week.

2. **Your score on the AUDIT**, a questionnaire that evaluates the extent to which a person's alcohol use is a problem. **Where does your score fit in?**

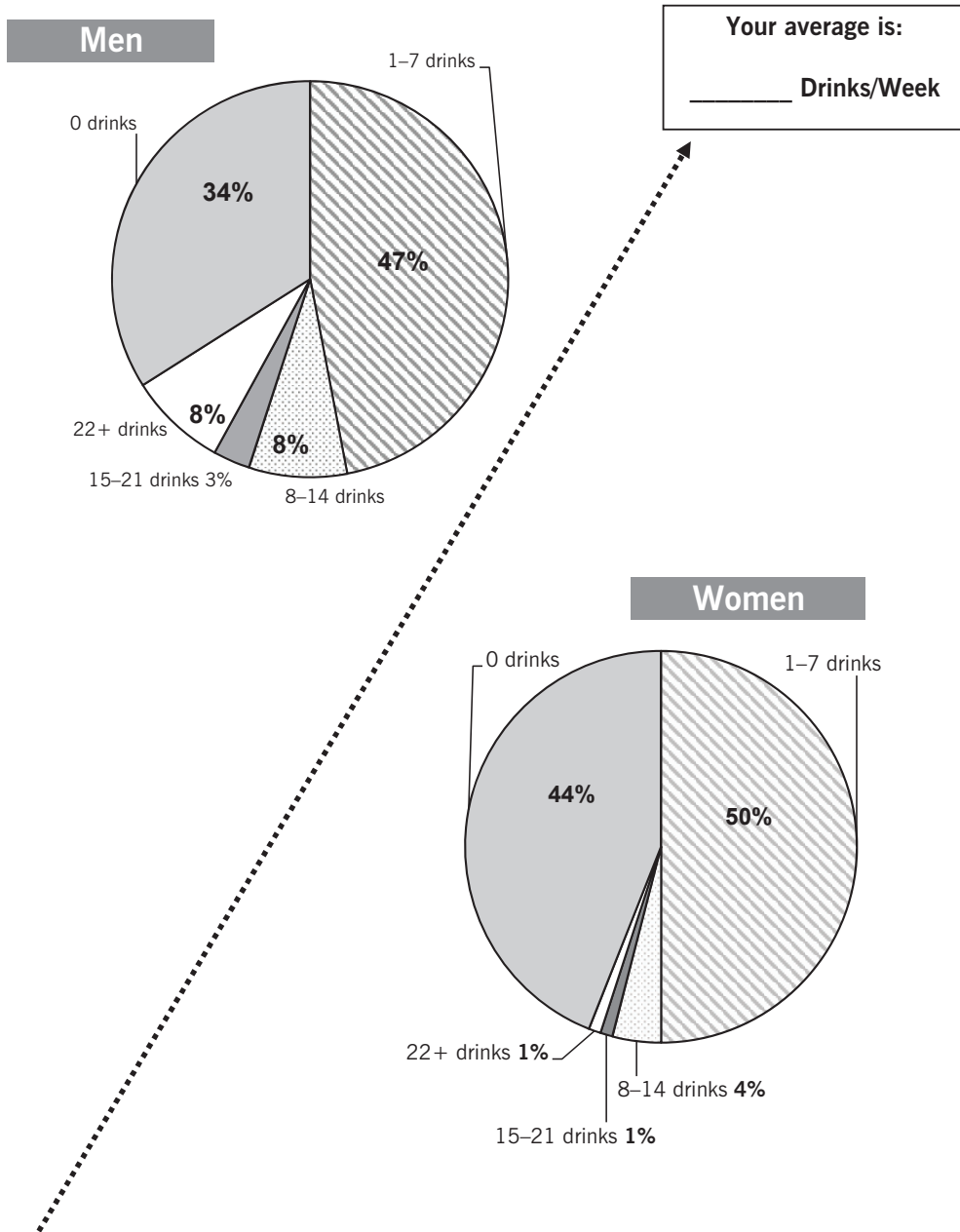
3. **Consequences you reported that are related to your alcohol use.**



(cont.)

Number of Drinks Consumed in a Week By Adults Surveyed in the United States*

Where Does Your Drinking Fit In?



* 2000 National Alcohol Survey (N = 7,612) Alcohol Research Group, Berkeley, CA

(cont.)

Where Does Your ALCOHOL Use Fit In?

The AUDIT questionnaire was developed by the World Health Organization to evaluate a person's use of alcohol and the extent to which drinking is a problem for them. Below is your AUDIT score, which is based on materials you filled out earlier. Higher scores typically reflect more serious problems.

Where Do You Fit In?
Your AUDIT Score is

Very High (26–40)
High (17–25)
Moderate (8–16)
Low (1–7)
No Problem (0)