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Prevention Education Treatment Recovery Assistance

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## The CAGE-AID Questionnaire

This tool can help someone understand if they may have a problem with alcohol or drugs, including prescription drugs. **This questionnaire takes less than a minute to complete.**

### What is CAGE-AID

CAGE is an acronym and **AID** stands for **A**dapted to **I**nclude **D**rugs.

The CAGE-AID includes the following questions:

**C:** Have you ever felt you needed to **CUT** down on your drinking (or drug use)?

**A:** Have people **ANNOYED** you by criticizing your drinking (or drug use)?

**G:** Have you ever felt **GUILTY** about drinking (or drug use)?

**E:** Have you ever had a drink (or used drugs) first thing in the morning to steady your nerves or to get rid of a hangover (**EYE** opener)?

### What does the CAGE-AID do?

**The CAGE-AID questionnaire is meant to identify if someone may need treatment or supports.** The questionnaire can be completed at any time and refers to the whole life of the individual, not a specific time frame.

### Why is it important to use the CAGE-AID tool?

**Unhealthy alcohol and drug use are among the most common causes of preventable death**, and often go undetected in medical settings. Since denial is common among people struggling with alcohol and drug use, the **CAGE-AID questionnaire focuses on how drinking and drug use affects behavior in everyday life**, rather than the number of drinks or drugs used per day.

### How is the CAGE-AID scored to determine if someone is at risk of Substance Use Disorder?

Each **yes** answer increases the likelihood of an alcohol or substance use disorder. **1 “yes”** is reason for concern, **“2 or more yes answers”** are considered significant and indicate some action should be taken, such as reaching out for help to a treatment program or recovery support organization.

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