

## Alcohol Use Disorders

Wondering if you or a loved one has an **alcohol** problem? The Rapid Alcohol Problems Screen (RAPS) can be completed in just minutes.

Do you sometimes take a drink in the morning when you first get up?

During the past year, has a friend or family member ever told you about things you said or did while you were drinking that you could not remember?

During the past year, have you had a feeling of guilt or remorse after drinking?

During the past year, have you failed to do what was normally expected of you because of drinking?

During the past year, have you lost friends or girlfriends or boyfriends because of drinking?

A yes answer to any one of the above questions is an indication the person may be at risk for alcohol related problems. These individuals should be assessed further to determine whether they have experienced alcohol problems or dependence.

Source: Alcohol Health and Research World, Volume 21, No. 4, 1997