Stress and Impairment in Physicians

These are some simple screening questions for Substance Abuse. You may well already be in the habit of asking them of your patients. The probability of an individual having a Substance Use Disorder increases with each positive response.

**THIS IS FOR YOUR USE ONLY – DO NOT HAND IT IN**

If you answer “Yes” to one or more of these questions, please talk to a family member, your doctor, or a trusted friend about your alcohol or substance use.

1. Have you ever felt a need to cut down on your alcohol or drug use?
2. Have you ever been annoyed by comments that friends or family made about your alcohol or drug use?
3. Have you ever felt guilty about your alcohol or drug use?
4. Have you ever needed a morning eye-opener to steady your nerves?

**Key:**

<table>
<thead>
<tr>
<th>Number of Positive Responses</th>
<th>Probability (%) of Substance Use Disorder</th>
<th>Probability of Substance use Disorder in High Risk* Population</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>14</td>
<td>46</td>
</tr>
<tr>
<td>2</td>
<td>33</td>
<td>72</td>
</tr>
<tr>
<td>3</td>
<td>59</td>
<td>88</td>
</tr>
<tr>
<td>4</td>
<td>92</td>
<td>98</td>
</tr>
</tbody>
</table>

*Those with a family history of substance abuse or dependence

If you answer anything other than “Never” to one or more of these questions, you are an at-risk user. Please talk to a family member, your doctor, or a trusted friend about your alcohol or substance use.

**In the past year, how often have you used the following?**

<table>
<thead>
<tr>
<th>Alcohol</th>
<th>Never</th>
<th>Once or Twice</th>
<th>Monthly</th>
<th>Weekly</th>
<th>Daily or Almost Daily</th>
</tr>
</thead>
<tbody>
<tr>
<td>• For men, 5 or more drinks in a day</td>
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<tr>
<td>• For women, 4 or more drinks in a day</td>
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<td></td>
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<tr>
<td>Prescription drugs for non-medical reasons</td>
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<td></td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>Illegal drugs</td>
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</tr>
</tbody>
</table>

**Some Resources for Physicians with Substance Abuse/Dependence:**

- International Doctors in AA [www.idaa.org](http://www.idaa.org)

- **Alcoholics Anonymous**
  - Alton, Illinois
    - Dist. 18 (618)251-4000
    - Dist. 18 Answering Service
    - Answering Service: (800)307-6600
    - Site: [https://aa-district18.org/](https://aa-district18.org/)
  - Carbondale, Illinois
    - Illinois District 17
    - Carbondale Helpline
    - Hotline: (800)307-6600
    - Site: [www.southernillinoisaa.org](http://www.southernillinoisaa.org)

- Quincy, Illinois
  - Illinois District 5: Quincy
    - Site: [www.aad5.org](http://www.aad5.org)
    - Information Line 217-257-8787

- Springfield & Decatur, Illinois
  - A.A. District 19 Hotline
    - 24 Hr Hotline: (217)525-5795
    - Toll Free: (866)525-5795
    - Site: [www.aaspringfield.org](http://www.aaspringfield.org)