

## "TWEAK" TEST

Do you drink alcoholic beverages? If you do, please take our "TWEAK" test.

- T Tolerance:** How many drinks can you "hold"?   
(Record number of drinks in box at right)
- (For the next questions, check box at right for "yes" answers)
- W** Have close friends **Worried or Complained** about your drinking in the past year?
- E Eye Opener:** Do you sometimes take a drink in the morning when you first get up?
- A Amnesia (Blackouts):** Has a friend or family member ever told you about things you said or did while you were drinking that you could not remember?
- K(C)** Do you sometimes feel the need to Cut Down on your drinking?

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To score the test, a seven-point scale is used. The tolerance question scores two points if a woman reports she can "hold" more than five drinks without passing out, and a positive response to the worry question scores two points. Each of the last three questions scores one point for positive responses. A total score of three or more points indicates the woman is likely to be a heavy/problem drinker.

For more information on screening, write: Marcia Russell, Ph. D., Research Institute on Addictions, 1021 Main Street, Buffalo, New York, 14203, or telephone (716) 887-2507.