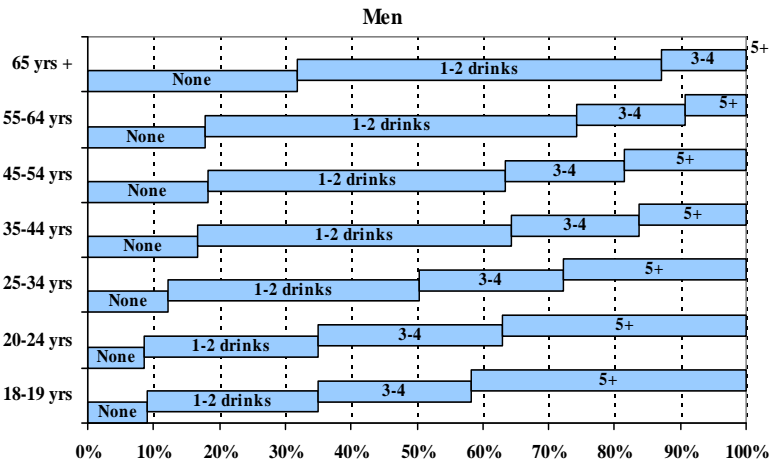
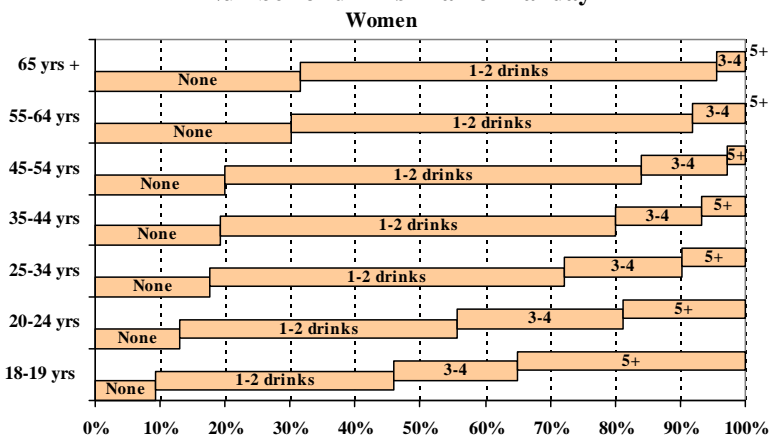


**Number of drinks in a normal day**



**One drink of alcohol is equivalent to :**

1 beer (341 ml at 5%)      1 glass of wine (142 ml at 13%)      1 1/2 ounce hard liquor (43 ml at 40%)

Currently, you have \_\_\_\_\_ drinks a day. Statistics show that \_\_\_\_\_% of Canadians your age drink less alcohol per day than you do.

**Risk associated with the amount drunk per week**

What you have reported here indicates that you have about \_\_\_\_\_ drinks per week, which puts you in the \_\_\_\_\_ zone.

**Bouts of heavy drinking**

For men, heavy drinking corresponds to 5 or more drinks at one sitting and, for women, 4 or more drinks. You have reported \_\_\_\_\_ bouts of heavy drinking this year, which puts you in the \_\_\_\_\_ zone.

**Degree of your alcohol addiction**

This corresponds to the feeling a person has when alcohol slowly takes over his/her life (thinks often about drinking, drinks more for the same effect, has difficulty in stopping drinking even if it causes problems, etc.). Based on your score on the questionnaire which is \_\_\_\_\_, your degree of addiction puts you in zone \_\_\_\_\_.

**The consequences associated with your alcohol consumption**

You have answered these questions about the impact of your alcohol consumption on your responsibilities, on involvement in dangerous situations, on potential problems with the law, and on your relationships with others. Based on your answers, the impact of your drinking puts you in zone \_\_\_\_\_.

Estimated degree of risk for a healthy adult	Number of drinks/week		Number of bouts of heavy drinking	Degree of alcohol addiction	During the last year, how often has alcohol consumption had an impact on ...			
	W	M			...your responsibilities Ques. 20, 23, 28	...your involvement in dangerous situations Ques. 24, 25	...legal problems Ques. 26, 27	...your relationships Ques. 21, 22
<b>High risk</b>	36+	48+	<b>52 bouts and more</b>	45	<b>Frequently</b> Every week (e.g., 52x or more)	<b>Frequently</b> Every week (e.g., 52x or more)	<b>Often</b> (e.g., 2 arrests or more)	<b>Frequently</b> Every week (e.g., 52x or more)
	34	46		40				
	32	44		35				
	30	42		30				
	30	40		26				
	28	38		24				
	26	36		22				
	24	34		20				
	24	34		18				
	23	33		17				
<b>Moderate risk</b>	22	30	<b>12 to 51 bouts</b>	16	<b>Regularly</b> Every month (e.g., 12 to 51x)	<b>Regularly</b> (e.g., 4 to 51x)	<b>Once</b> (e.g., 1 arrest)	<b>Regularly</b> Every month (e.g., 12 to 51x)
	20	28		15				
	18	26		14				
	18	24		14				
	16	22		13				
	14	20		12				
	12	18		11				
	11	16		10				
<b>Low risk</b>	10	15	<b>1 to 11 bouts</b>	9	<b>Occasionally</b> Not every month (e.g., 1 to 11x)	<b>Occasionally</b> (e.g., 1 to 3x)	<b>Occasionally</b> Not every month (e.g., 1 to 11x)	
	8	12		8				
	7	10		7				
	6	8		6				
	5	8		5				
	4	6		4				
	4	4		3				
	2	2		2				
0	0	<b>None</b>	0	<b>Never</b>	<b>Never</b>	<b>Never</b>	<b>Never</b>	

Date: --

Year      Month      Day

Person's name \_\_\_\_\_

Evaluator's signature \_\_\_\_\_

## YOUR RESULTS ON THE DÉBA-A/D

Joël Tremblay, H el ene Simoneau, Nadine Blanchette-Martin, Michel Landry and Jacques Bergeron

Name \_\_\_\_\_ Date \_\_\_\_\_

Age \_\_\_\_\_ Gender \_\_\_\_\_ Intervenant \_\_\_\_\_

We wrote down your results on the D epistage/ Evaluation du Besoin d'Aide - Alcool-Drogues / Assessment and Screening of Assistance Needs - Alcohol-Drugs (D EBA-A/D) evaluation in this personal report. They represent the level of risk associated with your use of alcohol and other psychoactive substances. For each indicator, your consumption was classified according to a category and an associated colour.

### **Low-risk consumption or green light**

You are considered to have a low-risk consumption of alcohol and drugs. In the case of drug use, this conclusion must be taken cautiously because we do not know, most of the time, which psychoactive substances were consumed, what their concentration was, what kinds of substances were present, etc.

Moreover, if you have physical or mental health problems or if you are taking medication, the consumption of alcohol and drugs, even at a low level, can be considered to be risky. If this is your case, please consult your doctor.

### **Moderate-risk consumption or yellow light**

You are considered to have a moderate-risk consumption of alcohol and drugs. The risks concern first of all your health. In other words, you might develop various health problems. Your substance use also increases the risk of accidents. Likewise, the consumption itself might become a problem, that is an addiction.

In the case of drug use, this conclusion must be taken cautiously because we do not know, most of the time, which psychoactive substances were consumed, what their concentration was, what kinds of substances were present, etc.

Moreover, if you have physical or mental health problems or if you are taking medication, the consumption of alcohol and drugs, even at this moderate level, can lead to more serious consequences. If this is your case, please consult your doctor.

### **High-risk consumption or red light**

You are considered to have a high-risk consumption of alcohol and drugs. In other words, your answers on the D EBA-A/D indicate that you already have a problem with alcohol and drugs and that it would be important for you to think about changing your alcohol and drug consumption.

N.B. The standards used in this manual are not valid for pregnant women. Being pregnant increases the risks for the foetus in the case of alcohol and drug use. It is best to consult your doctor.