

# DÉBA-Alcool (Dépistage/Évaluation du Besoin d'Aide - Alcool / Assessment and Screening of Assistance Needs - Alcohol) v2.0p

Tremblay, J., Rouillard, P., & Sirois, M. 2000. Rév. 2016-01-26  
Translated by Villeneuve A.-C. (2005)

User's first name (please print)

User's last name (please print)

- Male  
 Female

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Age

Home tel. No.

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Other tel. No.

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### Question #1

Within the past 12 months, how often have you consumed beer, wine, liquor or any other alcoholic beverages?

- Never consumed
- Less than once a month, i.e. a total of 11 times or less/year
- 1 to 3 times a month (12 to 51 times/year)
- 1 or 2 times a week
- 3 or more times a week

**End here**

**Go on to questions 2 and 3**

### Question #2 Within the past 12 months, during a typical week of alcohol consumption...

... How many days a week do you drink?      ... During those days, how many drinks do you usually do?      Calculate the number of drinks during a typical week

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X

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See chart on verso

### Question #3 (Binge drinking episodes)

Within the past 12 months, how many times have you drunk...

- WOMEN       ... 4 or more drinks on one occasion?  
MEN           ... 5 or more drinks on one occasion?

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**If the number of drinks/week is 11 and up for women and 16 and up for men OR**  
**If the number of binge drinking episodes within the last year is 12 and up, go on to questions 4 to 19.**  
**If not, end here.**

## Severity of Alcohol Dependence Data (SADD)

Raistrick, D., Dunbar, G., & Davidson, D. G. (1983)

**"I will ask you a few questions related to your drinking habits. Think about your drinking habits within the last year and answer me spontaneously"**  
*Fill in the appropriate circle*

		Never	Sometimes	Often	Nearly always
4. Do you find difficulty in getting the thought of drink out of your mind? .....	4.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
5. Is getting drunk more important than your next meal?.....	5.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
6. Do you plan your day around when and where you can drink? .....	6.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
7. Do you drink in the morning, afternoon and evening? .....	7.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
8. Do you drink for the effect of alcohol without caring what the drink is? .....	8.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
9. Do you drink as much as you want irrespective of what you are doing the next day? ....	9.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
10. Given that many problems might be caused by alcohol do you still drink too much? .....	10.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
11. Do you know that you won't be able to stop drinking once you start? .....	11.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
12. Do you try to control your drinking by giving it up completely for days or weeks at a time? .....	12.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
13. The morning after a heavy drinking session do you need your first drink to get yourself going? .....	13.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
14. The morning after a heavy drinking session do you wake up with a definite shakiness of your hands? .....	14.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
15. After a heavy drinking session do you wake up and retch or vomit? .....	15.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
16. The morning after a heavy drinking session do you go out of your way to avoid people? .....	16.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
17. After a heavy drinking session do you see frightening things that later you realize were imaginary? .....	17.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
18. Do you go drinking and next day find you have forgotten what happened the night before? .....	18.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

19. Would you like to receive help to change your alcohol drinking habits?.....  Yes  No      **SADD Total 4 to 18**

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month	day	year							

See verso for interpretation

"LIQUOR" (40%)	BEER (5%)	WINE (13%)
43 ml (≅ 1½ oz.) = 1 drink	1 small beer bottle (341 ml) = 1 drink	1 glass (131 ml) = 1 drink
375 ml (≅ 13 oz.) = 9 drinks	1 large beer bottle (625 ml) = 2 drinks	1/2 litre = 4 drinks
750 ml (≅ 26 oz.) = 18 drinks	1 King can ( 750 ml) = 2 drinks	1 bottle (750 ml) = 6 drinks
1,141 (≅ 40 oz.) = 27 drinks	1 Boss (950 ml) = 3 drinks	1 bottle (1 l) = 8 drinks
60 ml of Listerine = 1 drink	1 Max Bull (1.18 l) = 3.5 drinks	<b>"FORTIFIED WINE (20%)"</b>
30 ml of Aqua Velva = 1 drink	1 pitcher = 4-6 drinks	
	1 little keg = 15 drinks	1 small glass (85 ml) = 1 drink
	1 Cooler (314 ml) = 1 drink	

1 drink = 17 ml or 13,6 g of pure alcohol. For example, 341 ml beer at 5% alcohol contains 17 ml of pure alcohol (i.e. 341 ml X .05)

<u>Score Interpretation of the SADD</u>	
<b>0-9</b>	<b>Frontline treatment</b>
<b>10-17</b>	<b>Answer questions 20-28 before contacting the counsellor of specialized treatment center to discuss the counselling options</b>
<b>18-45</b>	<b>Specialized treatment</b>

I authorize \_\_\_\_\_ to forward the present evaluation to \_\_\_\_\_ and to discuss it for counselling purposes.

Date: \_\_\_\_\_ User's signature \_\_\_\_\_

Valid until \_\_\_\_\_

**Drinking Impact Scale (DIS)**

Traduct by Villeneuve A.-C. (2005) of "Échelle des Conséquences de la Consommation d'Alcool" (ÉCCA)  
Tremblay, J., Rouillard, P., & Sirois, M. 2000.

If the individual has a score between 10 and 17 according to the SADD, ask the following questions before contacting the counsellor of the substance abuse center.

**WITHIN THE LAST YEAR...**

	Never	Once	2 or 3 times	4 to 10 times	Every month (12 to 51 times)	Every week (52 + times)
20. Has your drinking negatively affected your performance at work, school or when doing your household chores?..... 20.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
21. Has your drinking negatively affected one of your friendships or one of your close relationships? ..... 21.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
22. Has your drinking negatively affected your marriage, romantic relationship or family?..... 22.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
23. Have you missed work or school days because of your drinking?..... 23.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
24. Have you ever drunk in situations where the act of drinking increased the risk of injury, for example operating machinery, using firearms or knives, crossing heavy traffic, mountain climbing or swimming? ..... 24.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
25. Have you ever driven a motorized vehicle (car, motorcycle, boat, SUV, Sea-doo) even though you had drunk alcohol and exceeding the 0.08?..... 25.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
26. Have you ever been arrested for driving a vehicle under the influence? ..... 26.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
27. Have you ever been stopped, arrested or held in custody at the police station for public drunkenness or for having disturbed the peace under the influence of alcohol?..... 27.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
28. Has your drinking diminished your ability to take care of your children? ..... 28.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

The Alcohol and Drug versions of the DÉBA come with a user guide where the scientific rationale is largely outlined as well as the administrative and interpretation procedures. You can obtain the guide by downloading it on the RISQ website at [www.risqtoxico.ca](http://www.risqtoxico.ca). You can reach me at the following email address: [nadine.blanchette-martin@ssss.gouv.qc.ca](mailto:nadine.blanchette-martin@ssss.gouv.qc.ca)

**Criteria to consider for registration in the Alcochoix+ program**

To be photocopied on verso of the DÉBA-A 2.0  
 Simoneau, H., Landry, M. & Tremblay, J. (2005) joel.tremblay@uqtr.ca



When you have determined, with the help of the DÉBA-A and DÉBA-D, that the user's consumption corresponds to a level of service as offered by the CLSC, you can then evaluate if the user is eligible for the Alcochoix+ program.

To be eligible in the Alcochoix+ program, the user must not exceed the DÉBA-A first line reference criteria. Also, the user must not present a high risk drug consumption, established with the help of the DÉBA-D evaluation. Even though the client who is admitted into the Alcochoix+ program generally takes between 15 to 35 drinks for a man or a woman, you must bear in mind that the quantity is not a criterion in itself. What really is important, is that the individual must not exceed the ASAN criteria to be eligible for first line services. Also, you must remain cautious as you monitor the person's progress in the program. It is possible that a person reveals, after having been accepted in the program, a higher consumption level that was not revealed from the start, that he or she talks about a drug use that was never mentioned, etc... You will then have to take a new counselling decision with the individual's agreement. You will have to exercise your judgement and not attempt to keep the user in the Alcochoix+ program at all costs if the drinking situation does not correspond to the criteria.

**If one of the following criteria is present, the person cannot be admitted into the Alcochoix+ program.**

- |   | Yes                      | No                    |
|---|--------------------------|-----------------------|
| 1. The person exceeds the criteria for high risk drug use. (If the answer is yes, offer another type of first line monitoring) .....                                  | 1. <input type="radio"/> | <input type="radio"/> |
| 2. Has a doctor recently ordered that you stop drinking because of a medical problem? (e.g.: a liver disease, pancreatitis, etc)? If so, refer to an abstinence ..... | 2. <input type="radio"/> | <input type="radio"/> |
| 3. Are you pregnant? If so, refer to an abstinence program.....   | 3. <input type="radio"/> | <input type="radio"/> |

**Other criteria to consider.**

- |  |                          |                       |
|--|--------------------------|-----------------------|
| 4. Are you presently going through a personal life crisis? ..... | 4. <input type="radio"/> | <input type="radio"/> |
| If so, explain: _____  |                          |                       |

If the person is going through a crisis situation, evaluate if it is so important that the person would be incapable of following the program. Sometimes, a crisis situation initiates the motivation to act. Evaluate the relevance of concomitant services.

- |   |                          |                       |
|---|--------------------------|-----------------------|
| 5. Are you being treated for a serious mental health problem that prevents you from functioning as you would like? .....  | 5. <input type="radio"/> | <input type="radio"/> |
| If the person is living with mental health problems, evaluate, like any other crisis situation, if the situation is so serious that the person would not be able to follow the program. If not, register the person into the program. Once again, evaluate the relevance of concomitant services. |                          |                       |
| 6. Do you take prescribed medications on a regular basis? .....   | 6. <input type="radio"/> | <input type="radio"/> |
| If so, which ones? _____  |                          |                       |

Has your doctor or pharmacist recommended that you avoid drinking alcohol while taking these medications?  
 N.B.: In case of doubt, verify with a doctor or pharmacist and maybe you can register the user in the program with an abstinence objective.

**Comments**

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