



# BETHANY LEGACY FOUNDATION

## CAGE

### *A Tool to Evaluate the Signs of Substance Abuse*

This tool is intended to help you determine whether you may be displaying the signs of substance abuse or dependency. It is not intended to take the place of a professional evaluation or to serve as a diagnosis. Share this information with your healthcare provider. Together, you can determine the right treatment plan for you.

#### **CAGE: A TOOL FOR EVALUATING THE SIGNS OF SUBSTANCE ABUSE**

The following four questions make up the “**CAGE**” tool, used by mental health professionals to help identify the signs of a possible drug or alcohol abuse problem. Answer “yes” or “no” to each question, and refer to the guidelines below for evaluating your responses.

1. Have you ever felt you should **Cut** down on drinking/drug use?
2. Have people **Annoyed** you by criticizing your drinking/ drug use?
3. Have you ever felt **Guilty** about your drinking/or drug use?
4. Have you ever taken a drink and/or used drugs even in the morning to steady your nerves or get rid of a hangover (“**Eye opener**”)?

#### **GUIDELINES FOR INTERPRETING YOUR RESPONSES**

- Answering **yes** to 2 questions provides strong indication for substance abuse or dependency.
- Answering **yes** to 3 questions confirms the likelihood of substance abuse or dependency.

#### **FOR MORE INFORMATION**

For more information or to get help, consult the Mental Health Resource Guide on our Mental Health Matters page at [BethanyLegacy.org](http://BethanyLegacy.org). This guide lists mental healthcare providers, support groups, and helplines in our region.

Disclaimer: This document contains information and/or instructional materials developed by Michigan Medicine for the typical patient with your condition. It does not replace medical advice from your healthcare provider because your experience may differ from that of the typical patient. Talk to your healthcare provider if you have any questions about this document, your condition, or your treatment plan. Patient Education by Michigan Medicine is licensed under a Creative Commons AttributionNonCommercial-ShareAlike 3.0 Unported License. Last Revised 01/2018