



UNIVERSITY OF MICHIGAN DEPRESSION CENTER

Evaluating the Signs of Substance Abuse

www.DepressionToolkit.org

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 an evaluation by a trained medical professional. 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 **C**ut down on drinking/drug use?
2. Have people **A**nnoyed you by criticizing your drinking/ drug use?
3. Have you ever felt **G**uilty 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 (“**E**ye 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

University of Michigan Depression Center
800-475-6424
www.depressioncenter.org