

CAGE Questionnaire for Alcohol Problems

Overview

The CAGE questionnaire is used to test for [alcohol use disorder](#) in adults. It is not used to diagnose the disease but only to show whether a problem might exist.

The CAGE questionnaire consists of four questions that relate to your use of alcohol:

- Have you ever felt that you ought to **C**ut down on your drinking?
- Do you get **A**nnoyed by criticism of your drinking?
- Do you ever feel **G**uilty about your drinking?
- Do you ever take an **E**arly-morning drink (eye-opener) to get the day started or to get rid of a hangover ("a little hair of the dog that bit you")?

If you answer "yes," "sometimes," or "often" to **2 or more** of the questions, you might have a problem with alcohol. If you think you or someone you care about has an alcohol use disorder, talk with a health professional. Further evaluation by a trained alcohol use disorder counsellor might be needed.

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