



EMOTIONAL STATE QUESTIONNAIRE EST-Q

Name		Age	Gender	Date		
Please read carefully and circle the answer that best describes your situation IN THE LAST MONTH		Not at all	Seldom	Sometimes	Often	All the time
1.	Feelings of sadness	0	1	2	3	4
2.	Feeling no interest or pleasure in things	0	1	2	3	4
3.	Feelings of worthlessness	0	1	2	3	4
4.	Self-accusations	0	1	2	3	4
5.	Recurrent thoughts of death or suicide	0	1	2	3	4
6.	Feeling lonely	0	1	2	3	4
7.	Hopelessness about the future	0	1	2	3	4
8.	Impossible to enjoy things	0	1	2	3	4
9.	Feeling easily irritated or annoyed	0	1	2	3	4
10.	Feeling anxious or fearful	0	1	2	3	4
11.	Tension or inability to relax	0	1	2	3	4
12.	Excessive worry about several different things	0	1	2	3	4
13.	Feeling so restless that it's hard to sit still	0	1	2	3	4
14.	Easily startled	0	1	2	3	4
15.	Sudden attacks of panic with palpitations, shortness of breath, fainting, or other frightening bodily sensations	0	1	2	3	4
16.	Fear of being alone away from home	0	1	2	3	4
17.	Fear of being on streets or at open places	0	1	2	3	4
18.	Fear of fainting in public	0	1	2	3	4
19.	Fear of travelling by bus, tram, train, or car	0	1	2	3	4
20.	Fear of being in the centre of attention	0	1	2	3	4
21.	Fear of talking to strangers	0	1	2	3	4
22.	Fatigue or loss of energy	0	1	2	3	4
23.	Diminished ability to focus or concentrate	0	1	2	3	4
24.	Rest does not restore strength	0	1	2	3	4
25.	Being easily fatigued	0	1	2	3	4
26.	Difficulty falling asleep	0	1	2	3	4
27.	Restless or disturbed sleep	0	1	2	3	4
28.	Waking up too early	0	1	2	3	4

Alcohol use disorders identification test (AUDIT)

AUDIT is a comprehensive 10 question alcohol harm screening tool. It was developed by the World Health Organisation (WHO) and modified for use in the UK and has been used in a variety of health and social care settings.

Questions	Scoring system					Your score
	0	1	2	3	4	
How often do you have a drink containing alcohol?	Never	Monthly or less	2 to 4 times per month	2 to 3 times per week	4 times or more per week	
How many units of alcohol do you drink on a typical day when you are drinking?	0 to 2	3 to 4	5 to 6	7 to 9	10 or more	
How often have you had 6 or more units if female, or 8 or more if male, on a single occasion in the last year?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily	
How often during the last year have you found that you were not able to stop drinking once you had started?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily	
How often during the last year have you failed to do what was normally expected from you because of your drinking?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily	
How often during the last year have you needed an alcoholic drink in the morning to get yourself going after a heavy drinking session?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily	
How often during the last year have you had a feeling of guilt or remorse after drinking?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily	
How often during the last year have you been unable to remember what happened the night before because you had been drinking?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily	
Have you or somebody else been injured as a result of your drinking?	No		Yes, but not in the last year		Yes, during the last year	
Has a relative or friend, doctor or other health worker been concerned about your drinking or suggested that you cut down?	No		Yes, but not in the last year		Yes, during the last year	

Total AUDIT score	
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Scoring:












- 0 to 7 indicates low risk
- 8 to 15 indicates increasing risk
- 16 to 19 indicates higher risk,
- 20 or more indicates possible dependence

Giving feedback and advice

If the score is lower

If the score is 8 or above, give [brief advice](#) to reduce risk for alcohol harm. If the score is 20 or above, consider referral to specialist alcohol harm assessment.

Alcohol unit reference

One unit of alcohol	 Half pint of "regular" beer, lager or cider	 Half a small glass of wine	 1 single measure of spirits	 1 small glass of sherry	 1 single measure of aperitifs		
Drinks more than a single unit	 2 Pint of "regular" beer, lager or cider	 3 Pint of "strong" or "premium" beer, lager or cider	 1.5 Alcopop or a 275ml bottle of regular lager	 2 440ml can of "regular" lager or cider	 4 440ml can of "super strength" lager	 3 250ml glass of wine (12%)	 9 75cl Bottle of wine (12%)