
The Five-Shot Questionnaire and its Scoring (Maximum score 7)

1. How often do you have a drink containing alcohol?
 - (0.0) Never.
 - (0.5) Monthly or less.
 - (1.0) Two to four times a month.
 - (1.5) Two to three times a week.
 - (2.0) Four or more times a week.

2. How many drinks containing alcohol do you have on a typical day when you are drinking?
 - (0.0) 1 or 2.
 - (0.5) 3 or 4.
 - (1.0) 5 or 6.
 - (1.5) 7 to 9.
 - (2.0) 10 or more.

3. Have people annoyed you by criticizing your drinking?
 - (0.0) No.
 - (1.0) Yes.

4. Have you ever felt bad or guilty about your drinking?
 - (0.0) No.
 - (1.0) Yes.

5. Have you ever had a drink first thing in the morning to steady your nerves or get rid of a hang-over?
 - (0.0) No.
 - (1.0) Yes.