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.