

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 a professional evaluation or to serve as a diagnosis. 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 **Cut** down on drinking/drug use?
2. Have people **Annoyed** you by criticizing your drinking/ drug use?
3. Have you ever felt **Guilty** 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 (“Eye 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
- 1-800-475-MICH or 734-936-4400
- <http://www.depressioncenter.org/toolkit>

Disclaimer: This document contains information and/or instructional materials developed by Michigan Medicine for the typical patient with your condition. It may include links to online content that was not created by Michigan Medicine and for which Michigan Medicine does not assume responsibility. It does not replace medical advice from your health care provider because your experience may differ from that of the typical patient. Talk to your health care provider if you have any questions about this document, your condition or your treatment plan.

Patient Education by [Michigan Medicine](#) is licensed under a [Creative Commons Attribution-NonCommercial-ShareAlike 3.0 Unported License](#). Last Revised 01/2018