

SBIRT Screening Tool (Pre-Screen)

Patient's full name: _____ Date: _____

We ask all our adult patients about substance use and mood because these factors can affect your health. Please ask your doctor if you have any questions. Your answers on this form will remain confidential.

Alcohol

One drink = 12 oz. beer or 5 oz. wine or 1.5 oz. liquor (one shot)

How many times in the past year have you had 4 or more drinks in a day?

Drugs

Recreational drugs include methamphetamines (speed, crystal) cannabis (marijuana, pot), inhalants (paint thinner, aerosol, glue), tranquilizers (Valium), barbiturates, cocaine, ecstasy, hallucinogens (LSD, mushrooms), or narcotics (heroin).

How many times in the past year have you used a recreational drug or used a prescription medication for non-medical reasons?

Mood

During the past two weeks, have you been bothered by little interest or pleasure in doing things?

Yes No

During the past two weeks, have you been bothered by feeling down, depressed, or hopeless?

Yes No

Notes

(For the medical professional)

Interpreting the brief screen

- **Alcohol:** Patients who answer 1 or more should receive a full alcohol screen (such as the AUDIT).
- **Drugs:** Patients who answer 1 or more should receive a full drug screen (such as the DAST).
- **Mood:** Patients who answer “Yes” to either question should receive a full screen for depression (such as the PHQ-9).

Note: The alcohol question asks about four drinks in one day to identify risky drinking among all patients, informed by the validation studies below, as well as a gender inclusive approach to patient care.

Reference

Oregon Health and Science University Family Medicine. (n.d.). *Brief screen*. SBIRT Oregon. <https://www.sbirtoregon.org/wp-content/uploads/Brief-screen-English-pdf.pdf>