

National Council on Alcoholism and Drug Abuse (NCADA) Self-Test



Ask yourself the following questions:

- Do you lose time from work due to drinking/drug use?
- Is drinking/drug use making your home life unhappy?
- Do you drink/use drugs because you are shy with other people?
- Is drinking/drug use affecting your reputation?
- Have you ever felt remorse after drinking/drug use?
- Have you gotten into financial trouble as a result of drinking/drug use?
- Do you turn to people you normally don't associate with when drinking/using drugs?
- Does your drinking/drug use make you careless of your family's welfare?
- Has your ambition decreased since drinking/drug use?
- Do you crave a drink/drug at a definite time daily?
- Do you want to drink/use drugs the next morning?
- Does your drinking/drug use cause you to have difficulty sleeping?
- Has your efficiency decreased since drinking/using drugs?
- Is drinking/drug use jeopardizing your job or business?
- Do you drink/use drugs to escape worries or troubles?
- Do you drink/use drugs alone?
- Have you ever had a memory loss as a result of drinking/drug use?
- Has a physician ever treated you for drinking/drug use?
- Do you drink/use drugs to build up your self-confidence?
- Have you ever been to a hospital or institution because of drinking/using drugs?

Scoring: If you answered "yes" to:

1 of the questions, you may have an alcoholism/drug addiction problem.

2 questions, chances are that you have an alcoholism/drug addiction problem.

3 or more, you definitely have the disease of alcoholism/drug addiction.

If you think you may have a problem with alcohol or drugs, call the South Carolina Recovering Professionals Program at (803) 896-5700. If treatment is recommended, be advised that the South Carolina Board of Nursing requires assessment and treatment through a participating treatment provider.