



Adult Wellbeing Questionnaire





Use "✓" to indicate your answer.

Over the last 2 weeks , how often have you been bothered by any of the following problems?	Not at all	Several days	More than half the days	Nearly every day
1. Little interest or pleasure in doing things	0	1	2	3
2. Feeling down, depressed, or hopeless	0	1	2	3

3. Feeling nervous, anxious or on edge	0	1	2	3
4. Not being able to stop or control worrying	0	1	2	3

In the past 12 months:	0	1	2	3	4
5. For Females: How often did you have 4 or more drinks containing alcohol in a day? For Males: How often did you have 5 or more drinks containing alcohol in a day?	Never	Less than once a month	Monthly	Weekly	Daily or almost daily

One standard drink:

12 fl oz of regular beer	=	8-9 fl oz of malt liquor (shown in a 12 oz glass)	=	5 fl oz of table wine	=	1.5 fl oz shot of 80-proof spirits ("hard liquor"—whiskey, gin, rum, vodka, tequila, etc.)
						
about 5% alcohol		about 7% alcohol		about 12% alcohol		about 40% alcohol

The percent of "pure" alcohol, expressed here as alcohol by volume (alc/vol), varies by beverage.

6. In the past 12 months, how often did you use an illegal drug or marijuana, or a prescription medication for non-medical reasons?	Never	Less than once a month	Monthly	Weekly	Daily or almost daily
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For Office Use Only:

- Reviewed by provider
- Drug/Alcohol Brief Counseling done by PC Staff
- Entered into EPIC