

**Patient details and consultation**

<b>PHCC ID</b> (pre-printed)	_____
<b>Date consultation</b>	___ / ___ / ___ ( DD / MM / YY )

phcc.id

date.day/  
date.month/  
date.year

**Patient details**

<b>Sex</b>	<ul style="list-style-type: none"> <li>• 1 – Male</li> <li>• 2 – Female</li> <li>• 3 – Other</li> </ul>	<b>Age</b>	_____ years
<b>Highest level of education</b>	<ul style="list-style-type: none"> <li>• 1 – No schooling completed</li> <li>• 3 – Junior high school completed</li> <li>• 5 – Business/Technical training</li> <li>• 7 – Doctorate degree</li> </ul>	<ul style="list-style-type: none"> <li>• 2 – Primary school completed</li> <li>• 4 – High school completed</li> <li>• 6 – Bachelor’s/Master’s degree</li> </ul>	

sex/age

education

**Alcohol Questions**

Please place an X in the box that best describes your answer to each of the three questions:

	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	
<b>1</b> How often do you have a drink containing alcohol?	Never	Monthly or less	2-4 times per month	2-3 times per week	4+ times per week	<i>audit1</i>
<b>2</b> How many drinks of alcohol do you drink on a typical day when you are drinking?	1-2	3-4	5-6	7-9	10+	<i>audit2</i>
<b>3</b> How often do you have 6 or more drinks on one occasion?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily	<i>audit3</i>

**Alcohol exposure, health literacy, and social norms**

<b>During the last 12 months have you tried to cut down on your drinking by:</b>		
Choosing lower strength alcohol	<input type="checkbox"/> 1 – Yes <input type="checkbox"/> 2 – No	<i>cutdown1</i>
Using smaller glasses	<input type="checkbox"/> 1 – Yes <input type="checkbox"/> 2 – No	<i>cutdown2</i>
Information about the harms caused by alcohol can come from many sources. Examples are health centres, newspapers and magazines, radio, the TV, friends and family, and the internet.	Answer one of: <input type="checkbox"/> 1 – Very easy <input type="checkbox"/> 2 – Easy most of the time <input type="checkbox"/> 3 – Difficult most of the time <input type="checkbox"/> 4 – Always difficult <input type="checkbox"/> 5 – I have never seen any	<i>information</i>
<b>Overall, how easy is it for you to understand this information?</b>	information about harm caused by alcohol	
<b>To the best of your knowledge, can drinking alcohol cause any of the following:</b>		
High blood pressure	<input type="checkbox"/> 1 – Yes <input type="checkbox"/> 2 – No	<i>knowledge1</i>
Liver problems	<input type="checkbox"/> 1 – Yes <input type="checkbox"/> 2 – No	<i>knowledge2</i>
Cancer	<input type="checkbox"/> 1 – Yes <input type="checkbox"/> 2 – No	<i>knowledge3</i>
<b>Thinking about your friends, would you say that it is acceptable or unacceptable for them to drink:</b>		
Regularly more than two drinks a day?	<input type="checkbox"/> 1 – Acceptable <input type="checkbox"/> 2 – Unacceptable	<i>social1</i>
More than six drinks on an occasion?	<input type="checkbox"/> 1 – Acceptable <input type="checkbox"/> 2 – Unacceptable	<i>social2</i>

**Communication campaigns and media coverage about health aspects of alcohol**

During the past three months, have you noticed any SCALA campaigns or SCALA media coverage about the health effects of alcohol?

1. Posters in the Primary Health Care Centre	<input type="checkbox"/> 1 – Yes, very often <input type="checkbox"/> 2 – Yes, sometimes <input type="checkbox"/> 3 – Yes, rarely <input type="checkbox"/> 4 – No	<i>campaign1</i>
2. Articles in newspapers or magazines	<input type="checkbox"/> 1 – Yes, very often <input type="checkbox"/> 2 – Yes, sometimes <input type="checkbox"/> 3 – Yes, rarely <input type="checkbox"/> 4 – No	<i>campaign2</i>
3. Programmes or interviews on the radio	<input type="checkbox"/> 1 – Yes, very often <input type="checkbox"/> 2 – Yes, sometimes <input type="checkbox"/> 3 – Yes, rarely <input type="checkbox"/> 4 – No	<i>campaign3</i>
4. Programmes or interviews on the television	<input type="checkbox"/> 1 – Yes, very often <input type="checkbox"/> 2 – Yes, sometimes <input type="checkbox"/> 3 – Yes, rarely <input type="checkbox"/> 4 – No	<i>campaign4</i>
5. Information leaflets for patients in the primary health care centre	<input type="checkbox"/> 1 – Yes, very often <input type="checkbox"/> 2 – Yes, sometimes <input type="checkbox"/> 3 – Yes, rarely <input type="checkbox"/> 4 – No	<i>campaign5</i>
6. Other	<input type="checkbox"/> 1 – Yes, very often <input type="checkbox"/> 2 – Yes, sometimes <input type="checkbox"/> 3 – Yes, rarely <input type="checkbox"/> 4 – No	<i>Campaign.other</i>

**Talking with my doctor or other health care worker about alcohol**

Please state how much you agree or disagree with the following statements:

	Strongly agree	Agree	Neither agree or disagree	Disagree	Strongly disagree	
<b>Talking with my doctor or other health care worker about how much alcohol I drink:</b>						
Is good for my own health	5	4	3	2	1	<i>doctor1</i>
Will help me avoid future health problems	5	4	3	2	1	<i>doctor2</i>
Will help me drink less	5	4	3	2	1	<i>doctor3</i>
Is a waste of my time	5	4	3	2	1	<i>doctor4</i>
Makes me feel uncomfortable	5	4	3	2	1	<i>doctor5</i>
Is not going to change how much alcohol I drink	5	4	3	2	1	<i>doctor6</i>

Please state how much you agree or disagree with the following statements:

	Strongly agree	Agree	Neither agree or disagree	Disagree	Strongly disagree	
<b>I find it easy to:</b>						
Talk with my doctor or other health worker about how much alcohol I drink.	5	4	3	2	1	<i>doctor7</i>
Express my feelings to my doctor or other health worker.	5	4	3	2	1	<i>doctor8</i>
Talk with my doctor or other health worker about my problems.	5	4	3	2	1	<i>doctor9</i>

Please state how much you agree or disagree with the following statements:

	Strongly agree	Agree	Neither agree or disagree	Disagree	Strongly disagree	
My family thinks that it is good if my doctor or other health worker talks to me about how much alcohol I drink.	5	4	3	2	1	doctor10
Most people think that it is good if my doctor or other health worker talks to me about how much alcohol I drink.	5	4	3	2	1	doctor11
I intend to talk with my doctor or other health worker about how much alcohol I drink the next time I see them.	5	4	3	2	1	doctor12
Given the current Covid-19 pandemic, I am less willing to attend my primary health care centre than before the Covid-19 pandemic.	5	4	3	2	1	covid1
Given the current Covid-19 pandemic, I feel less comfortable during my consultations at my primary health care centre, than before the Covid-19 pandemic.	5	4	3	2	1	covid2

Please state how much you agree or disagree with the following statements:

<p><b>Given the current covid-19 pandemic it is good that doctors or other health workers:</b></p>	<p><b>Strongly agree</b></p>	<p><b>Agree</b></p>	<p><b>Neither agree or disagree</b></p>	<p><b>Disagree</b></p>	<p><b>Strongly disagree</b></p>	
<p>Ask me about how much alcohol I drink during the Covid-19 pandemic.</p>	<p>5</p>	<p>4</p>	<p>3</p>	<p>2</p>	<p>1</p>	<p>covid3</p>
<p>Ask all patients about how much alcohol they drink during the Covid-19 pandemic.</p>	<p>5</p>	<p>4</p>	<p>3</p>	<p>2</p>	<p>1</p>	<p>covid4</p>
<p>Ask me about my mental health during the Covid-19 pandemic.</p>	<p>5</p>	<p>4</p>	<p>3</p>	<p>2</p>	<p>1</p>	<p>covid5</p>
<p>Ask all patients about their mental health during the Covid-19 pandemic.</p>	<p>5</p>	<p>4</p>	<p>3</p>	<p>2</p>	<p>1</p>	<p>covid6</p>

**Alcohol and Health**

	<b>On a scale from 'always easy' to 'always difficult', how easy would you say it is to...</b>	<b>Always difficult</b>	<b>Sometimes difficult</b>	<b>Mostly easy</b>	<b>Always easy</b>	<b>Don't know</b>	
1	Know when I need to get help from a doctor or other health worker because of my drinking?	1	2	3	4	5	<i>help1</i>
2	Make decisions about acting on advice from a doctor or other health worker to reduce or stop my drinking?	1	2	3	4	5	<i>help2</i>
3	Find information on how to help family members with a drinking problem?	1	2	3	4	5	<i>help3</i>
4	Recognize if messages about health risks from alcohol in the media (such as newspaper, TV, radio, and the internet) are reliable?	1	2	3	4	5	<i>help4</i>
5	Find information about how to drink less?	1	2	3	4	5	<i>help5</i>
6	Understand information about how to reduce or stop drinking?	1	2	3	4	5	<i>help6</i>

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## Standard drinks

Please read the following, and then answer the two questions on the next page

### A Standard Drink

When we use the word 'drink' we mean a standard drink.  
A standard drink contains one unit of pure alcohol.

### Any drinking can bring risks:

#### Don't Drink at all if you:



Are driving – drinking before driving increases the risk of accidents. Passengers and pedestrians are also at risk.

You can reduce the risk of harm by limiting the amount you drink.

Regular drinkers should not have more than 2 standard drinks on one day

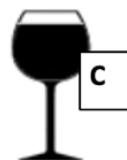
### Some examples of drinks



3-shot spirits with soft drink or soda  
3 Standard Drinks



A medium bottle of beer  
2 standard drinks



Large glass of table wine  
2.5 Standard Drinks



Cocktail (a mix of different drinks) including spirits  
2.5 standard drinks



A large bottle of beer  
3 Standard Drinks

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Question	
1. Is it safe to be in a car which is driven by someone who has drunk any alcohol in the last few hours?	1 – Yes 2 – No
2. Which drink contains two standard drinks?	1 – A 2 – B 3 – C 4 – D 5 – E

*drink1*

*drink2*