

DÉBA-Alcool (Dépistage/Évaluation du Besoin d'Aide - Alcool / Assessment and Screening of Assistance Needs - Alcohol) v2.0p

Tremblay, J., Rouillard, P., & Sirois, M. 2000. Rév. 2016
Translated by Villeneuve A.-C. (2005)

User's first name (please print)

User's last name (please print)

- ☐ Male
☐ Female

Age

Home tel. No.

 - -

Other tel. No.

 - -

Question #1

Within the past 12 months, how often have you consumed beer, wine, liquor or any other alcoholic beverages?

- ☐ Never consumed
☐ Less than once a month,
i.e. a total of 11 times or less/year
☐ 1 to 3 times a month
(12 to 51 times/year)
☐ 1 or 2 times a week
☐ 3 or more times a week

End here

Go on to questions 2 and 3

Question #2 Within the past 12 months, during a typical week of alcohol consumption...

... How many days a week do you drink?

X

... During those days, how many drinks do you usually do?

=

Calculate the number of drinks during a typical week

See chart on verso

Question #3 (Binge drinking episodes)

Within the past 12 months, how many times have you drunk...

WOMEN



... 4 or more drinks on one occasion?

MEN



... 5 or more drinks on one occasion?

**If the number of drinks/week is 11 and up for women and 16 and up for men OR
If the number of binge drinking episodes within the last year is 12 and up, go on to questions 4 to 19.
If not, end here.**

Severity of Alcohol Dependence Data (SADD)

Raistrick, D., Dunbar, G., & Davidson, D. G. (1983)

"I will ask you a few questions related to your drinking habits. **Think about your drinking habits within the last year and answer me spontaneously**"
Fill in the appropriate circle

- | | Never | Sometimes | Often | Nearly always |
|---|---|-------------------------|-------------------------|-------------------------|
| 4. Do you find difficulty in getting the thought of drink out of your mind? | 4. <input type="radio"/> | 1 <input type="radio"/> | 2 <input type="radio"/> | 3 <input type="radio"/> |
| 5. Is getting drunk more important than your next meal?..... | 5. <input type="radio"/> | 1 <input type="radio"/> | 2 <input type="radio"/> | 3 <input type="radio"/> |
| 6. Do you plan your day around when and where you can drink? | 6. <input type="radio"/> | 1 <input type="radio"/> | 2 <input type="radio"/> | 3 <input type="radio"/> |
| 7. Do you drink in the morning, afternoon and evening? | 7. <input type="radio"/> | 1 <input type="radio"/> | 2 <input type="radio"/> | 3 <input type="radio"/> |
| 8. Do you drink for the effect of alcohol without caring what the drink is? | 8. <input type="radio"/> | 1 <input type="radio"/> | 2 <input type="radio"/> | 3 <input type="radio"/> |
| 9. Do you drink as much as you want irrespective of what you are doing the next day? | 9. <input type="radio"/> | 1 <input type="radio"/> | 2 <input type="radio"/> | 3 <input type="radio"/> |
| 10. Given that many problems might be caused by alcohol do you still drink too much? | 10. <input type="radio"/> | 1 <input type="radio"/> | 2 <input type="radio"/> | 3 <input type="radio"/> |
| 11. Do you know that you won't be able to stop drinking once you start? | 11. <input type="radio"/> | 1 <input type="radio"/> | 2 <input type="radio"/> | 3 <input type="radio"/> |
| 12. Do you try to control your drinking by giving it up completely for days or weeks at a time? | 12. <input type="radio"/> | 1 <input type="radio"/> | 2 <input type="radio"/> | 3 <input type="radio"/> |
| 13. The morning after a heavy drinking session do you need your first drink to get yourself going? | 13. <input type="radio"/> | 1 <input type="radio"/> | 2 <input type="radio"/> | 3 <input type="radio"/> |
| 14. The morning after a heavy drinking session do you wake up with a definite shakiness of your hands? | 14. <input type="radio"/> | 1 <input type="radio"/> | 2 <input type="radio"/> | 3 <input type="radio"/> |
| 15. After a heavy drinking session do you wake up and retch or vomit? | 15. <input type="radio"/> | 1 <input type="radio"/> | 2 <input type="radio"/> | 3 <input type="radio"/> |
| 16. The morning after a heavy drinking session do you go out of your way to avoid people? | 16. <input type="radio"/> | 1 <input type="radio"/> | 2 <input type="radio"/> | 3 <input type="radio"/> |
| 17. After a heavy drinking session do you see frightening things that later you realize were imaginary? | 17. <input type="radio"/> | 1 <input type="radio"/> | 2 <input type="radio"/> | 3 <input type="radio"/> |
| 18. Do you go drinking and next day find you have forgotten what happened the night before? | 18. <input type="radio"/> | 1 <input type="radio"/> | 2 <input type="radio"/> | 3 <input type="radio"/> |
| 19. Would you like to receive help to change your alcohol drinking habits?..... | <input type="radio"/> Yes SADD
<input type="radio"/> No Total 4 to 18 | | | |

 - -

month

day

year

Last and First Name of counsellor (block letters please)

DÉBA-A, v2.0p-eng_2020-11-12

See verso for interpretation

"LIQUOR" (40%)	BEER (5%)	WINE (13%)
43 ml ($\approx 1\frac{1}{2}$ oz.) = 1 drink 375 ml (≈ 13 oz.) = 9 drinks 750 ml (≈ 26 oz.) = 18 drinks 1,141 (≈ 40 oz.) = 27 drinks	1 small beer bottle (341 ml) = 1 drink 1 large beer bottle (625 ml) = 2 drinks 1 King can (750 ml) = 2 drinks 1 Boss (950 ml) = 3 drinks 1 Max Bull (1.18 l) = 3.5 drinks 1 pitcher = 4-6 drinks 1 little keg = 15 drinks	1 glass (131 ml) = 1 drink 1/2 litre = 4 drinks 1 bottle (750 ml) = 6 drinks 1 bottle (1 l) = 8 drinks
60 ml of Listerine = 1 drink 30 ml of Aqua Velva = 1 drink	1 Cooler (314 ml) = 1 drink	"FORTIFIED WINE (20%)" 1 small glass (85 ml) = 1 drink

1 drink = 17 ml or 13,6 g of pure alcohol. For example, 341 ml beer at 5% alcohol contains 17 ml of pure alcohol (i.e. 341 ml X .05)

Score Interpretation of the SADD

0-9 Frontline treatment

10-17 Answer questions 20-28 before contacting the counsellor of specialized treatment center to discuss the counselling options

18-45 Specialized treatment

I authorize _____ to
forward the present evaluation to _____
and to discuss it for counselling purposes.

Date: _____ User's signature _____

Valid until _____

Drinking Impact Scale (DIS)

Traduct by Villeneuve A.-C. (2005) of "Échelle des Conséquences de la Consommation d'Alcool" (ÉCCA)
Tremblay, J., Rouillard, P., & Sirois, M. 2000.

If the individual has a score between 10 and 17 according to the SADD, ask the following questions before contacting the counsellor of the substance abuse center.

WITHIN THE LAST YEAR...

	Never	Once	2 or 3 times	4 to 10 times	Every month (12 to 51 times)	Every week (52 + times)
20. Has your drinking negatively affected your performance at work, school or when doing your household chores?..... 20.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
21. Has your drinking negatively affected one of your friendships or one of your close relationships? 21.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
22. Has your drinking negatively affected your marriage, romantic relationship or family?..... 22.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
23. Have you missed work or school days because of your drinking?..... 23.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
24. Have you ever drunk in situations where the act of drinking increased the risk of injury, for example operating machinery, using firearms or knives, crossing heavy traffic, mountain climbing or swimming? 24.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
25. Have you ever driven a motorized vehicle (car, motorcycle, boat, SUV, Sea-doo) even though you had drunk alcohol and exceeding the 0.08?..... 25.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
26. Have you ever been arrested for driving a vehicle under the influence? 26.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
27. Have you ever been stopped, arrested or held in custody at the police station for public drunkenness or for having disturbed the peace under the influence of alcohol?..... 27.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
28. Has your drinking diminished your ability to take care of your children? 28.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

The Alcohol and Drug versions of the DÉBA come with a user guide where the scientific rationale is largely outlined as well as the administrative and interpretation procedures. You can obtain the guide by downloading it on the RISQ website at www.risqtoxico.ca. You can reach me at the following email address:
nadine.blanchette-martin@ssss.gouv.qc.ca

Criteria to consider for registration to My choices / Alcochoix

To be photocopied on the back of DEBA-Alcohol and completed after DEBA-A/D v2.0
 Simoneau, H., Tremblay, J., Blanchette-Martin, N., Ferland, F., Fallu, J-S, Brochu, & S., Giroux, I (2019)
 risqtoxico@uqtr.ca

File No.

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Name and first name of client

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Date of evaluation

--	--	--	--

Year

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Month

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Day

Eligibility Criteria:

- DEBA-A: Severity level indicating orientation to non-specialized addiction services
- DEBA-D: must not present a precarious drug consumption

Or

- The diagnosis of SUD (substances use disorder) -Alcohol is of low or moderate level and DEBA-A is orienting towards non-specialized addiction services with no precarious drug consumption

Exclusion Criteria

- If consumes other substances administer the DEBA-D:
 - If severity level indicates an orientation to non-specialized addiction services, consider My Choices Cannabis or My Choices All Substances.
 - If severity indicates an orientation to specialized services, proceed to a referral
 - Diagnosis of SUD (substances use disorder) -Alcohol of severe level: refer to specialized services.

People aiming for abstinence are eligible

Generally, My Choices programs help people achieve a “controlled consumption” goal. However, people who should aim for abstinence (e.g., pregnant women, people taking alcohol-incompatible medication, health problems, etc.) will also benefit from the current program; it has been updated for them.

Worried that the person has not told you all about his/her consumption?

People are generally honest about their consumption, unless there is a possibility of losing something. Make your decision about orientation to My Choices/Alcochoix based on what the person has revealed to you. If necessary, My Choices program’s interveners will be able to redirect the person if they discover a profile of alcohol or drug use that is too severe and requires a higher level of services.

In the following situations, the person is eligible for My Choices/Alcochoix, but may need additional services:

- If the person experiences various mental health difficulties.
- If the person is experiencing a crisis (e.g., separation, bereavement, physical illness, psychosocial difficulties, etc.).
- If the person is taking medication on a regular basis, verify with the doctor or pharmacist to see if adjustments to medication prescribed is needed.

Comments

Name of evaluator

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Signature of Evaluator