

TWEAK Questionnaire

TWEAK is a five-item scale developed originally to screen for risk drinking during pregnancy.

Points

- (1-2) **Tolerance**—How many drinks can you hold? OR How many drinks do you need to feel high?
- (1-2) **Worried**—Have close friends or relatives worried or complained about your drinking in the past year?
- (1) **Eye-openers**—Do you sometimes take a drink in the morning when you first get up?
- (1) **Amnesia (blackouts)**—Has a friend or family member ever told you about things you said or did while you were drinking that you could not remember?
- (1) **K(C) Cut Down**—Do you sometimes feel the need to cut down on your drinking?

Administering and Scoring TWEAK

Prior to administering TWEAK, drinkers are identified by a positive response to the question “Do you or have you ever consumed beer, wine, wine coolers, or drinks containing liquor (i.e., whiskey, rum, or vodka)?”

To score the test, a 7-point scale is used

The tolerance-hold question scores 2 points if the respondent is able to hold six or more drinks

The tolerance-high question scores 2 points if three or more drinks are needed to feel high

A total score of 2 or more indicates that obstetric patients were likely to be risk drinkers. However, preliminary studies suggest that cut-points of 3 or 4 are better than 2 for identifying harmful drinking or alcoholism.

Alternate TWEAK

A self-administered version was developed and tested in samples of the general household population, hospital clinic outpatients, and alcohol inpatients. The questions were slightly modified as given below:

1. How many drinks does it take before you begin to feel the first effects of alcohol?
2. Do you sometimes take a drink in the morning when you first get up?
3. Are there times when you drink and afterwards you can't remember what you said or did?
4. Do you sometimes feel the need to cut down on your drinking?
5. (For clinical use, choose either question 1 (“high”) or 1A (“hold”) to assess tolerance.)

