

Rapid Alcohol Problems Screen – Quantity Frequency (RAPS4-QF)

1. During the last year have you had a feeling of guilt or remorse after drinking? **(Remorse)**
2. During the last year has a friend or a family member ever told you about things you said or did while you were drinking that you could not remember? **(Amnesia)**
3. During the last year have you failed to do what was normally expected from you because of drinking? **(Perform)**
4. Do you sometime take a drink when you first get up in the morning? **(Starter) OR**
During the last year do you drink as often as once a month? **(Frequency) AND**
During the last year have you had 5 or more drinks on at least one occasion **(Quantity)**

(Cherpitel CJ. Alcohol Clin Exp Res 2002; 26:1686-1691)