



62424

Cal Poly Pomona - Division of Student Affairs

Study Well Health Program - Check Up to Go



One STANDARD DRINK equals:
-- 1 shot or mixed drink
-- 5 ozs. wine or 1 cooler
-- 10-12 ozs beer

In order to provide you with the most accurate feedback, please answer the following questions honestly. Remember that your answers are CONFIDENTIAL. You will receive personalized feedback by mail at the address you give below.

First Name

Last Name

Grid for first name

Grid for last name

What is the best mailing address to send the "feedback" form with your confidential results? Street, Apt, Room

Grid for mailing address

City

State

Zip

Grid for city

Grid for state

Grid for zip

Gender Male Female

Weight

Grid for weight

Currently taking prescription medications? Yes No

1. For the PAST MONTH, please describe a TYPICAL DRINKING WEEK. For each day, fill in the number of STANDARD DRINKS of each type of alcohol you consumed on that day and the TYPICAL NUMBER OF HOURS you drank on that day.

Table with 7 columns (Monday-Sunday) and 4 rows (Beer, Wine, Shots/Mixed drinks, Hours) for tracking alcohol consumption.

2. Think of one occasion during the PAST MONTH where you drank the most. Fill in the number of standard drinks of each type you consumed.

Form for question 2 with rows for Beer, Wine, Shots/Mixed drinks, and Hours.

3. Think about the number of your BLOOD RELATIVES who are now, or who have been in the past, problem drinkers or alcoholics.

Form for question 3 with rows for Number of parents, brothers/sisters, grandparents, uncles/aunts, and first cousins.

4. During the PAST MONTH, how many days did you drive a vehicle shortly after having three or more drinks? ...

5. During the PAST MONTH, how many days were you a passenger in a vehicle when the driver had three or more drinks? .....

6. How much would you estimate you spend on alcoholic beverages per WEEK? ..... \$



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7. For each of the following, estimate what other Cal Poly Pomona students do:

What percent of *Cal Poly Pomona* students drank more than you when they partied? ..... 

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 %

What percent of *Cal Poly Pomona* students had two drinks or less the last time they partied? .... 

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 %

What percent of *Cal Poly Pomona* students did not drink at all the last time they partied? ..... 

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 %

What percent of *Cal Poly Pomona* students smoked marijuana in the last 30 days? ..... 

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 %

8 Please circle the answer that is correct for you?

- a. How often do you have a drink containing alcohol?  
 Never    Monthly or less    2 to 4 times a month    2 to 3 times a week    4 or more times a week
- b. How many drinks containing alcohol do you have on a typical day when you are drinking?  
 1 or 2    3 or 4    5 or 6    7 to 9    10 or more
- c. How often do you have six drinks or more on one occasion?  
 Never    Less than monthly    Monthly    Weekly    Daily or almost daily
- d. How often during the last year have you found that you were not able to stop drinking once you had started?  
 Never    Less than monthly    Monthly    Weekly    Daily or almost daily
- e. How often during the last year have you failed to do what was normally expected from you because of drinking?  
 Never    Less than monthly    Monthly    Weekly    Daily or almost daily
- f. How often during the last year have you needed a first drink in the morning to get yourself going after a heavy drinking session?  
 Never    Less than monthly    Monthly    Weekly    Daily or almost daily
- g. How often during the last year have you had a feeling of guilt or remorse after drinking?  
 Never    Less than monthly    Monthly    Weekly    Daily or almost daily
- h. How often during the last year have you been unable to remember what happened the night before because you had been drinking?  
 Never    Less than monthly    Monthly    Weekly    Daily or almost daily
- i. Have you or someone else been injured as a result of your drinking?  
 No    Yes, but not in the last year    Yes, during the last year
- j. Has a relative of friend, or a doctor or other health worker been concerned about your drinking or suggested you cut down?  
 No    Yes, but not in the last year    Yes, during the last year

9. During the **PAST MONTH**, how many cigarettes did you smoke on a typical day? ..... 

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10. If a smoker, for how many years have you smoked regularly? ..... 

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11. After school expenses, how much money do you have to spend in an average month? ..... \$ 

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