

# About My Drinking

Reporting Tools

# Audit Scores

Home

Select Report:

From:

To:

Search

## Results

### AUDIT Scores:

	Number
No Problem (0)	16
Moderate(1 - 7)	106
Hazardous(8 - 10)	47
Harmful(11 - 19)	182
Dependence(20 Or more)	340

# Demographics

## Results

### Demographics

Total Registered	Number
Women	438
Men	253

Activity	Number
Total Assessments Completed	691
Number of Users who are considered moderate, light drinkers	137
Number of Users who are considered heavy drinkers	554
<b>Woman</b> who are considered moderate, light drinkers	97
<b>Men</b> who are considered moderate, light drinkers	40
<b>Woman</b> who are considered heavy drinkers	341
<b>Men</b> who are considered heavy drinkers	213

You are taking this test...	Number
For yourself	532
For someone you know	85
You are just checking out the Assessment to see what the results look like	74

Ages	Number
18 and under	5
18-19	7
20-29	160
30-39	165
40-49	158
50-59	126
60-69	57
69+	13
Avg Age	40

# How Your Drinking Effects Your Lifestyle

## How Your Drinking Effects Your Lifestyle:

Number of Users who completed Profile A:

Harmful effect on friendships or social life in last 12 months?	Number
No	186
Yes	368

Harmful effect on physical health in last 12 months?	Number
No	135
Yes	419

Harmful effect on outlook on life (happiness) in last 12 months?	Number
No	156
Yes	398

Harmful effect on home life or marriage in last 12 months?	Number
No	154
Yes	400

Harmful effect on work, studies, or employment opportunities in last 12 months?	Number
No	230
Yes	324

Harmful effect on financial position in last 12 months?	Number
No	294
Yes	260

# Feelings About Drinking

Home

Select Report: Feelings About Drinking ▼

From: 02/01/2014

To: 08/06/2014

Search

## Results

### How You Feel About Drinking : Those who responded Monthly, Weekly, Daily or Almost Daily:

	Number
How often during the last year have you needed a first drink in the morning to "get yourself going" after a heavy drinking session?	122
How often during the last year have you had a feeling of guilt or remorse after drinking?	425
How often during the last year have you been unable to remember what happened the night before because you had been drinking?	299

Evolution Systems Inc. Stats Manager 6.0 is Copyright 2000-2014 by [Evolution Systems Inc.](#) All rights reserved including related methods and software. All worldwide patent rights reserved.

# How Much Do You Drink

## Results

### How Much Do You Drink?:

How often do you have a drink that contains alcohol?	Number
never	25
monthly or less	53
2-4 times a month	59
2-3 times a week	125
4 or more times a week	429

On a typical day when you do drink, how many drinks containing alcohol do you have?	Number
0-2	160
3-4	228
5-6	161
7-9	80
10+	62

How often do you have 5 (five) or more drinks on one occasion?	Number
never	101
less than monthly	70
once per month	53
2-3 times per month	98
weekly	130
2-4 times per week	115
daily or almost daily	124

Average # of drinks in a typical week	Number
Monday	3
Tuesday	3
Wednesday	3
Thursday	3
Friday	5
Saturday	5
Sunday	3
Average Weekly Total	3.57

Highest number of drinks on one occasion (average)	Number
Average highest # of drinks on one occasion	9

# Interactive Tools

## Results

### Interactive Tools

	Number
Number of members who have completed the Consequences of Alcohol questionnaire	8
Number of members who have completed the Costs and Benefits of Quitting questionnaire	8

<b>Goals</b>	Number
Number of members who have set their goals	6

<b>Diary</b>	Number
Total members using the diary (1 or more entry)	4
Total entries	8

<b>Quit Meter</b>	Number
Total members using the Quit Meter	6

<b>Support Emails</b>	Number
Total members who have received support emails	655

# Program Utilization

## Results

### Program Utilization

After completing the Assessment, the total number of individuals that select:

	Number
Learn about addiction	0
Help A Loved One	46
Ready For A Change	0

### **Learn about Addiction**

	Number
Is alcohol a drug?	84
Three kinds of drugs	46
If alcohol is a drug, why is it legal?	41
What is alcoholism?	39
Alcohol abuse and dependence	39
What are the symptoms of dependence?	36
Alcohol dependent or social drinking?	36
Why is alcoholism a disease?	33
Addiction and the brain	30
What kind of treatment is available?	32
What is detoxification?	28
Does treatment really work?	29
Treatment is the beginning of recovery?	28
What is Alcoholics Anonymous (AA)?	22
AA meetings	23
Is complete abstinence required in AA?	25
What is the Big Book?	24
Other Twelve Step peer-recovery support groups	20



# Program Utilization Cntd.

Help A Loved One	Number
How can you help a loved one?	59
What are they symptoms of dependence?	36
What kind of help is available?	31
What is an intervention?	26
Prepare for the intervention	21
Consider professional help	20
Plan a seed of recovery	20
What treatment options are available?	13
Inpatient treatment	16
Outpatient treatment	15
Extended care	10
Other roads to recovery	14
What support groups are available for loved ones?	9
What is an Al-Anon?	9
What goes on at Al-Anon meetings?	8
Can people attend Al-Anon if they use other drugs?	10
What is Alateen?	8
What is codependency?	14
Signs of codependency?	11
Helping your loved one do's and don'ts	14
You can recover from codependency	12

# Program Utilization Cntd.

Ready to Make a Change	Number
Ready to Make a Change	238
Introduction	153
A New Beginning	129
Create a Safe Space	112
Schedule your time	102
Learn the Twelve Steps	95
Attend an AA or NA Meeting	81
Identify positive support	75
Find a sponsor	71
Avoid high risk situations	66
Step One: Find a new sense of power	59
Become ready to change	49
Prepare for withdrawal	53
Avoid triggers	42
Embrace support	36
Learn to relapse	38
Combat addictive thinking	38
Overcome resistance	30
Deal with cravings	31
Practice acceptance	23
Step Two: Heal mind, body and spirit	22
Find a higher power	20
Change your thinking	22
Embrace the positive	20
Keep planning	9
Monitor your health	13
Manage stress	16
Watch for Warning Signs	13
Accept guidance	11
Step Three: Make recovery your number one priority	10
Let go of control	13
Keep avoiding relapse	12
Attend more meetings	8
Seek guidance	8
Become honest, open and willing	8
Keep your focus	8
Practice gratitude	8
Ask for help	9
Work the remaining steps	9