

Alcohol Screening for Pregnant Women Self-Report Questionnaire

Pregnant women are generally receptive to suggestions about controlling their alcohol consumption during pregnancy. This presents health care professionals with an excellent opportunity to encourage behavioral change.

Early recognition of women who drink alcohol during pregnancy and appropriate counseling are the cornerstones of treatment. Health professionals can play a key role in reducing the risks associated with alcohol use during pregnancy.

T-ACE

The T-ACE, self-reporting questionnaire, is used to screen for pregnancy risk drinking, defined here as the consumption of 1 ounce or more of alcohol per day while pregnant. Scores are calculated as follows: a reply of “More than two drinks” to question T is considered a positive response and scores 2 points, and an affirmative answer to question A, C or E scores 1 point, respectively. A total score of 2 or more points on the T-ACE indicates a positive outcome for pregnancy risk drinking.

T- **TOLERANCE**: How many drinks does it take to make you feel high?

A- Have people **ANNOYED** you by criticizing your drinking?

C- Have you ever felt you ought to **CUT-DOWN** on your drinking?

E- **EYE OPENER**: Have you ever had a drink first thing in the morning to steady your nerves or get rid of a hangover?

The T-ACE is a valuable and efficient tool for identifying alcohol use among pregnant women; in addition, it demonstrates acceptability and accuracy in identifying a range of alcohol-use levels in diverse obstetric populations. The questions are easy to both remember and score and can be asked by an obstetrician or nurse in 1 minute. Women waiting for their prenatal appointments, for example, could be asked to complete the T-ACE as part of a routine patient questionnaire to be reviewed during the visit.

Although there are two other tests, the MAST and CAGE, the T-ACE proved to be superior in identifying pregnancy risk drinking.

The performance can be improved by incorporating questions recommended by NIAAA in *The Physicians' Guide to Helping Patients With Alcohol Problems*. (link to guide - <http://www.niaaa.nih.gov/publications/physicn.htm>)