

## **Sample Interview for Quantity and Frequency (QF) of Alcohol Use**

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**How many weeks pregnant are you now?**

**How many weeks pregnant were you when you found out you were pregnant?**

**How many cigarettes do you smoke in a day?** If the woman does not report daily smoking then ask: How often do you smoke cigarettes? Almost every day, 3-4 days a week, 1-2 days a week, 2-3 days a month, once a month, less than once a month, only on weekends?

**How many cups of caffeinated coffee or soft drinks do you drink daily?** If the woman does not drink coffee daily, then ask: How often do you drink caffeinated drinks? Almost every day, 3-4 days a week, 1-2 days a week, 2-3 days a month, once a month, less than once a month, only on weekends?

### **PRELIMINARY QUESTIONS ON ALCOHOL USE**

**Have you ever drunk wine, beer, or mixed drinks?** This will let you know if the woman is abstinent or a drinker. If she says she never drank, your job is done. If she says that she has drunk alcohol in the past then go on with the interview.

**The majority of women drink alcohol before they know that they are pregnant.** This is true, between 75% (young women) and 54% of women of child bearing age drink alcohol. This statement can reduce defensiveness.

**What type of alcoholic beverage do you prefer - wine, beer, wine coolers, or drinks containing liquor?** This question allows you to estimate the amount of absolute alcohol consumed. The size of the drinking container should also be asked in order to better gauge consumption levels. Keep in mind that malt liquors have higher concentration of alcohol than regular beers (8% as opposed to 4% for beer). Wine coolers have the same amount of alcohol as one 12-ounce can of beer.

### **QUANTITY AND FREQUENCY QUESTIONS (PRIOR TO PREGNANCY RECOGNITION)**

**\*\*These questions can be asked separately for wine, beer and liquor.\*\***

**Before you knew you were pregnant, on average, what was the number of drinks that you would typically drink at one sitting?**

**During the time period before you knew you were pregnant, how often did you drink this amount?** If the woman does not come up with an answer, you can suggest—daily, almost every day, 3-4 days a week, 1-2 days a week, 2-3 days a month, once a month, less than once a month.

**Before you knew you were pregnant, what were the most drinks that you drank at any one sitting? For example at a celebration like a birthday party or wedding.** This question gets at binge episodes. A binge of 3 drinks or more is considered high risk for the fetus.

**During this time period before you knew you were pregnant, how often did you drink this amount?** If the woman does not come up with an answer, you can suggest—daily, almost every

day, 3-4 days a week, 1-2 days a week, 2-3 days a month, once a month, less than once a month.

**QUANTITY AND FREQUENCY QUESTIONS (FOLLOWING PREGNANCY RECOGNITION)**

**\*\*These questions can be asked separately for wine, beer and liquor.\*\***

***Right now, on average, what is the number of drinks that you typically drink at one sitting?***

This gives you information on the woman's current drinking without reminding her that she is continuing to drink after she found out she was pregnant.

***How often do you drink this amount?*** If she does not come up with an answer, you can suggest—daily, almost every day, 3-4 days a week, 1-2 days a week, 2-3 days a month, once a month, less than once a month, only on weekends.

***Right now, what is the most number of drinks that you drink at one sitting?*** This question gets at current binge drinking.

***How often do you drink this amount?*** If she does not come up with an answer, you can suggest—daily, almost every day, 3-4 days a week, 1-2 days a week, 2-3 days a month, once a month, less than once a month, only on weekends.