

TWEAK

TWEAK (Russell, Czarnecki, Cowan, McPherson, & Mudar, 1991) identifies pregnant women who are at risk for alcohol use. It consists of five items and uses a 7-point scoring system. In a study of more than 3,000 women at a prenatal clinic, the TWEAK was found to be more sensitive than the CAGE and Michigan Alcohol Screening Test (MAST), and more specific than the T-ACE (Russell et al., 1996). The tolerance question scores 2 points for an answer of three or more drinks. However, if the criterion for the tolerance question is reduced to two drinks for women, the sensitivity of TWEAK increases, and the specificity and predictive ability decrease somewhat (Chang et al., 1999).

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| 1. (T – Tolerance) How many drinks does it take for you to feel high? |
| 2. (W – Worried) Does your partner (or do your parents) ever worry or complain about your drinking? A) Yes B) No |
| 3. (E – Eye-Opener) Have you ever had a drink first thing in the morning to steady your nerves or get rid of a hangover? (Eye-opener) A) Yes B) No |
| 4. (A – Amnesia) Have you ever awakened the morning after some drinking the night before and found that you could not remember part of the evening before? A) Yes B) No |
| 5. (K – K/Cut down) Have you ever felt that you ought to cut down on your drinking? A) Yes B) No |

Scores

A woman receives 2 points on question 1 if she reports that she can hold more than 5 drinks without falling asleep or passing out. A positive response to question 2 scores 2 points, and a positive response to each of the last 3 questions scores 1 point each. A total score of 2 or more indicates that the woman is a risky drinker and requires further assessment. At the same time, drinking at any level during pregnancy is unsafe, even if the woman scores negative with this tool.

Sources:

- Chang, G., Wilkins-Haug, L., Berman, S., & Goetz, M. A. (1999). The TWEAK: Application in a prenatal setting. *Journal of Studies on Alcohol*, 60(3), 306–309.
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- Russell, M., Martier, S. S., Sokol, R. J., Mudar, P., Jacobson, S., & Jacobson, J. (1996). Detecting risk drinking during pregnancy: A comparison of four screening questionnaires. *American Journal of Public Health*, 86(10), 1435–1439.