

Indigenous Risk Impact Screen (IRIS)

Instructions:

Please select one option for each question.

		No	Yes, a bit more	Yes, a lot more			
1	In the last 6 months have you needed to drink or use drugs more to get the effects you want?	1	2	3			
		Never	Sometimes when I stop	Yes, everytime			
2	When you have cut down or stopped drinking or using drugs in the past, have you experienced any symptoms, such as sweating, shaking, feeling sick in the tummy/vomiting, diarrhoea, feeling really down or worried, problems sleeping, aches and pains?	1	2	3			
		Never/Hardly ever	Once a month	Once a fortnight	Once a week	More than once a week	Most days/Every day
3	How often do you feel that you end up drinking or using drugs much more than you expected?	1	2	3	4	5	6
		Never/Hardly ever	Sometimes	Often	Most days/Every day		
4	Do you ever feel out of control with your drinking or drug use?	1	2	3	4		
		Not difficult at all	Fairly easy	Difficult	I couldn't stop or cut down		
5	How difficult would it be to stop or cut down on your drinking or drug use?	1	2	3	4		
		At night	In the afternoon	Sometimes in the morning	As soon as I wake up		
6	What time of the day do you usually start drinking or using drugs?	1	2	3	4		
		Never/Hardly ever	Sometimes	Often	Most days/Every day		
7	How often do you find that your whole day has involved drinking or using drugs?	1	2	3	4		
		Never/Hardly ever	Sometimes	Often	Most days/Every day		
8	How often do you feel down in the dumps, sad or slack?	1	2	3			
9	How often have you felt that life is hopeless?	1	2	3			
10	How often do you feel nervous or scared?	1	2	3			

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		Never/Hardly ever	Sometimes	Most days/Every day
11	Do you worry much?	1	2	3
12	How often do you feel restless and that you can't sit still?	1	2	3
13	Do past events in your family still affect your well-being today (such as being taken away from family)?	1	2	3

Developer Reference:

Schlesinger, C. M., Ober, C., McCarthy, M. M., Watson, J. D., & Seinen, A. (2007). The development and validation of the Indigenous Risk Impact Screen (IRIS): A 13-item screening instrument for alcohol and drug and mental health risk. *Drug and Alcohol Review*, 26(2), 109-117.
<https://doi.org/10.1080/09595230601146611>

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