



## **20 questions for alcoholics! The Johns Hopkins Questions (Introduction)**

### **Video Transcript:**

This is Alcohol Mastery, my name's Kevin O'Hara, and today I'm going to be talking about the Johns Hopkins 20 questions: Are you an alcoholic?

So this is just an introduction to the Johns Hopkins 20 questions...

Over the next few weeks, I want to do a video and an article on each one of the questions in turn...

So these 20 questions were originally conceived by a Doctor Robert Victor Seliger when he was a member of the faculty of the Department of Psychiatry at the Johns Hopkins hospital back in the 1930's...

And today the Johns Hopkins hospital are distancing themselves a little bit, saying that they were...they have to be attributed to Dr

Seliger, and that they were part of his work while he was there. And they don't actually use them in any of their own treatment programs.

So, I have to say from here that they are not actually used by any hospital as a means of medical evaluation, that they're just for your own self-testing, just to sort of give you a good idea of your own levels of alcohol use and whether it's too much.

So, go over to the website, download the PDF, have a look at the article...take the test...

Take it over a period of time, say a year. That's going to be a good indication...

You have to be completely honest with yourself, nobody else is going to see it except you, unless you decide to tell anyone else, and if you get more than three yes's, out of the twenty questions, you really should go down and at least have a chat with your doctor.

So, thanks for watching, subscribe to the channel if you're here on YouTube (AlcoholMasteryTV), or like the video...leave a comment.

Go over to the website ([www.alcoholmastery.com](http://www.alcoholmastery.com)) leave a comment there on the post, download the PDF, and I hope to see you again.

This is Kevin O'Hara for [alcoholmastery.com](http://alcoholmastery.com)

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