Alcohol and psoriasis for the dermatologist – Know, Screen, Intervene

Short running head: Alcohol and psoriasis

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Supplementary table 1 – CAGE (Cut down, Annoyed, Guilty, Eye-opener) questionnaire [1]

|   | Description                                                                                     |
|---|------------------------------------------------------------------------------------------------|
| 1 | Have you ever felt you ought to cut down on your drinking?                                     |
| 2 | Have people annoyed you by criticising your drinking?                                          |
| 3 | Have you ever felt bad or guilty about your drinking?                                          |
| 4 | Have you ever had a drink first thing in the morning to steady your nerves or get rid of a   |
|   | hangover (eyeopener)?                                                                          |

*If a patient answers yes to two or more questions, alcohol misuse should be considered.*
Supplementary table 2 – AUDIT-C (alcohol use disorders identification test – concise) questionnaire [2]

| How often do you drink containing alcohol? | 0 | 1 | 2 | 3 | 4 |
|--------------------------------------------|---|---|---|---|---|
| Never                                      | Monthly or less | 2 – 4 times per month | 2 – 3 times per week | 4+ times per week |
| How many units of alcohol do you drink on a typical day when you are drinking? | 1 – 2 | 3 – 4 | 5 – 6 | 7 – 9 | 10+ |
| How often have you had 6 or more units if female, or 8 or more if male, on a single occasion in the last year? | Never | Less than monthly | Monthly | Weekly | Daily or almost daily |

*If a patient scores 5 or more then they should proceed to the longer version of the AUDIT tool (Supplementary table 3).*
### Supplementary table 3 – AUDIT (alcohol use disorders identification test) questionnaire [3]

| Question                                                                 | 0          | 1                      | 2            | 3              | 4           |
|--------------------------------------------------------------------------|------------|------------------------|--------------|----------------|-------------|
| How often during the last year have you found that you were not able to stop drinking once you had started? | Never      | Less than monthly      | Monthly      | Weekly         | Daily or almost daily |
| How often during the last year have you failed to do what was normally expected from you because of your drinking? | Never      | Less than monthly      | Monthly      | Weekly         | Daily or almost daily |
| How often during the last year have you needed an alcoholic drink in the morning to get yourself going after a heavy drinking session? | Never      | Less than monthly      | Monthly      | Weekly         | Daily or almost daily |
| How often during the last year have you had a feeling of guilt or remorse after drinking? | Never      | Less than monthly      | Monthly      | Weekly         | Daily or almost daily |
| How often during the last year have you been unable to remember what happened the                                          | Never      | Less than monthly      | Monthly      | Weekly         | Daily or almost daily |
night before because you had been drinking?

Have you or somebody else been injured as a result of your drinking?

Has a relative or friend, doctor or other health worker been concerned about your drinking or suggested that you cut down?

* A score of 0 – 7 indicates a lower risk of alcohol dependence suggesting positive reinforcement of recommendations on alcohol consumption. If a patient has a score of 8 – 15, this suggests increasing risk requiring a brief intervention and strategies to reduce alcohol consumption. A score of 16 – 19 puts a patient at higher risk requiring more extended intervention and referral to counselling. If a patient scores 20 or higher, this suggests alcohol dependency requiring referral to specialist addiction services.
References

1. Ewing JA. Detecting alcoholism. The CAGE questionnaire. JAMA. 1984 Oct 12;252(14):1905-7.

2. HSE. AUDIT-C Screening Tool. Health Service Executive. 2017. Retrieved from https://www.hse.ie/eng/about/who/primarycare/socialinclusion/addiction/national-addiction-training/alcohol-and-substance-use-saor/audit---c.pdf.

3. HSE. AUDIT Screening Tool. Health Service Executive. 2017. Retrieved from https://www.hse.ie/eng/about/who/primarycare/socialinclusion/addiction/national-addiction-training/alcohol-and-substance-use-saor/audit-final.pdf.