

LETTER TO EDITOR

Universal CAGE-WANT Questionnaire: “Think & Fill in the Suspect, Self-Assess and Screen! You May Need Help For, What You Have Filled In!”

Deepak Gupta

Assistant Professor, Department of Anesthesiology, Wayne State University/Detroit Medical Center, Detroit, Michigan, United States

Abstract	Introduction	Methodology	Results	Conclusion	References	Citation	Tables / Figures
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Corresponding Author

Address for Correspondence: Dr. Deepak Gupta, Clinical Assistant Professor, Department of Anesthesiology, Box No 162, 3990 John R, Detroit, MI 48201, United States.
E Mail ID: dgupta@med.wayne.edu

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In 1970, John A. Ewing [1] developed CAGE questionnaire for identifying hidden alcoholism. It has been almost a half-century since 1970s [2] and CAGE questionnaire has expanded its promise and utility in identifying other addictions like for drug use as CAGE-AID in 1990s [3] and for personal electronic devices as University of Rochester Modified CAGE Questions in 2010s [4]. It seems the time is ripe to document a Universal CAGE Questionnaire [Table 1]: Universal CAGE-WANT Questionnaire) wherein any and every subject of fascination and/or any and every human urge to WANT can be incorporated for self-assessment and/or screening to identify addiction for the suspected and tested WANT. Some examples of WANT that can be filled in the blank are "alcohol", "to drink", "food", "to eat", "sex", "to mate", "television", "to watch television", "sports", "to play", "workout", "to exercise", "book", "to read", "internet", "to chat", "to email", "to google", "twitter", "to tweet", "drugs", "to be high", "love", "to be loved", "pain", "to be in pain", so on and so forth. Essentially, the Universal CAGE-WANT Questionnaire can be filled with whichever thing/practice/phenomenon one feels self-realization their addiction for because anything (and everything) in excess is addictive, and pursuing anything (or everything) excessively represent one’s addiction to it. Classically, two or more positive (“yes”) responses to the four-point CAGE-

Questionnaire is termed positive test but some researchers advocate even one or more positive responses as positive test [3] to expand the early identification rates of hidden addictions. The reason why these identifications are so important is that CAGE-Questionnaire motivates (a) one to accept that there is an addiction problem, (b) one to recognize that he/she may not be able to deal with this one on their own, and (c) one to reach out and seek professional help for appropriate post-exposure prevention and early management. In philosophical terms, the Universal CAGE-WANT Questionnaire can assess whether one is CAGED with one’s WANTS: the wants that have become excessive, the wants that one find difficult to resist, the wants that despite one’s best efforts persist, and the wants that one need help with if one plan to exist. Analogous comparisons can be drawn to the Kübler-Ross model, or the five stages of grief [5], wherein (a) cutting down may mean denial assuming that one can cut down one’s addiction on their own without help, (b) annoyance may mean that one is angry that one’s addiction is no longer a personal secret, (c) guilty may mean that one is bargaining or getting depressed due to (or for) one’s addiction, and (d) eye-opener may actually mean an eye-opener to (and acceptance by) oneself that he/she needs help for one’s addiction. Moreover, as similar to the stages of grief which do NOT always present

themselves in the classical sequence (denial, anger, bargaining, depression then acceptance), the four-point CAGE questions allow even one positive response as positive test wherein each question (and each stage) can itself represent that one may be addicted (and grieving for absence of normalcy) or abusing (and giving grief in attempt to achieve elusive normalcy).

In summary, Universal CAGE-WANT Questionnaire can work for one and all human quests/wants that can evolve into addictions requiring early recognition by self-assessment and/or screening line of questioning.

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Tables

TABLE 1 UNIVERSAL CAGE-WANT QUESTIONNAIRE AS ADAPTED FROM THE CAGE QUESTIONNAIRE THAT WAS ORIGINALLY DEVELOPED BY JOHN A EWING [1] AND IS NOW IN PUBLIC DOMAIN [6]

Proposed Universal CAGE Questionnaire
Have you ever felt you should CUT DOWN on your urges that WANT _____?
Have people ANNOYED you by criticizing when you WANT _____?
Have you ever felt bad or GUILTY that you WANT _____?
Have you ever recognized that you reach out and WANT _____ (your EYE-OPENER) as the first thing in the morning?