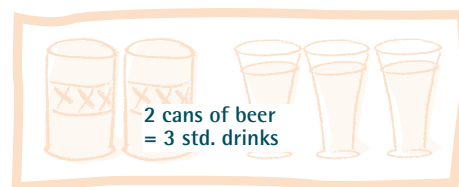
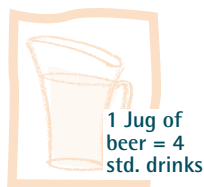


# THE AUDIT Alcohol Use Disorders Identification Test (AUDIT)

## One Standard Drink is



Please tick the box next to your answer

- How often do you have a drink containing alcohol?  
 Never     Monthly or less     Two to four times a month     Two to three times a week     Four or more times per week
- How many drinks containing alcohol do you have on a typical day when you are drinking? (code number of standard drinks)  
 One to two     3 or 4     5 or 6     7 to 9     10 or more
- How often do you have six or more drinks on one occasion?  
 Never     Less than monthly     Monthly     Weekly     Daily or almost daily
- 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 drinking?  
 Never     Less than monthly     Monthly     Weekly     Daily or almost daily
- How often during the last year have you needed a first 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 night before because you had been drinking?  
 Never     Less than monthly     Monthly     Weekly     Daily or almost daily
- Have you or someone else been injured as a result of your drinking?  
 No     Yes, but not in the last year     Yes, during the last year
- Has a relative, friend or doctor, or other health worker been concerned about your drinking or suggested that you should cut down?  
 No     Yes, but not in the last year     Yes, during the last year

### **Scoring the AUDIT test**

Each item is scored between 0 and 4. Add to obtain the total AUDIT score. A score of 8 or more for the whole questionnaire suggests your patient has a harmful pattern of drinking. Additional information can be obtained by looking at the answers to each question.

**Section A:** (questions 1,2,3) enquires about 'at risk' alcohol consumption. A score of 4 (or more) for women, or 5 (or more) for men suggests a level of drinking that places the person at risk of harm.

**Section B:** (questions 4,5,6) enquires about symptoms of dependence. A score of 4 (or more) indicates that person may be psychologically or physically dependent on alcohol.

**Section C:** (questions 7,8,9,10) enquires about problems relating to drinking. A score of 4 (or more) indicates significant problems already.