

Alcohol Use Disorders Identification Test (AUDIT)

The following questions are about your use of alcoholic beverages during the past year. Questions referring to quantity of drinks refer to a “standard drink.” A standard drink is defined as a 5oz of wine (at ~12% alcohol), 12oz of beer (at ~5% alcohol), or a 1.5oz of spirits (80 proof).

Place an X in one box that best describes your answer to each question.

Questions	0	1	2	3	4
1. How often do you have a drink containing alcohol?	Never	Monthly or less	2 to 4 times a month	2 to 3 times a week	4 or more times a week
2. How many drinks containing alcohol do you have on a typical day when you are drinking?	1 or 2	3 or 4	5 or 6	7 to 9	10 or more
3. How often do you have 5 or more drinks on one occasion?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily
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
5. How often during the last year have you failed to do what was normally expected of you because of drinking?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily
6. 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
7. 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
8. How often during the last year have you been unable to remember what happened the night before because of your drinking?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily
9. Have you or someone else been injured because of your drinking?	No		Yes, but not in the last year		Yes, during the last year
10. Has a relative, friend, doctor, or other health care worker been concerned about your drinking or suggested you cut down?	No		Yes, but not in the last year		Yes, during the last year

Total Score: _____

How to score and interpret the AUDIT

The columns in the AUDIT are scored from left to right.

- Questions 1 to 8 are scored on a five-point scale from 0, 1, 2, 3, and 4.
- Questions 9 & 10 are scored on a three-point scale from 0, 2 and 4.

Record the score for each question in the “score” column on the right, including a zero for questions 2 to 8 if ‘skipped’.

Record a total score in the “TOTAL” box at the bottom of the column.

The maximum score is 40.

Consumption score

Add up questions 1 to 3 and place this sub-score in the adjacent single box in the far right column (maximum score possible = 12). A score of 6 or 7 may indicate a risk of alcohol-related harm, even if this is also the total score for the AUDIT (e.g. consumption could be over the recommended weekly intake of 28 for men and 14 for females in the absence of scoring on any other questions). Drinking may also take place in dangerous situations (e.g. driving, fishing/boating). Scores of 6 to 7 may also indicate potential harm for those groups more susceptible to the effects of alcohol, such as young people, women, the elderly, people with mental health problems and people on medication. Further inquiry may reveal the necessity for harm reduction advice.

Dependence score

Add up questions 4 to 6 and place this sub-score in the adjacent single box in the far right column (maximum score possible = 12). In addition to the total AUDIT score, a secondary ‘dependence’ score of 4 or more as a subtotal of questions 4 to 6, suggests the possibility of alcohol dependence (and therefore the need for more intensive intervention if further assessment confirms dependence).

Alcohol-related problems score

Any scoring on questions 7 to 10 warrants further investigation to determine whether the problem is of current concern and requires intervention.

<i>AUDIT Total score</i>	<i>Dependence score</i>	<i>Risk level</i>	<i>Possible Interventions</i>
0 - 7	Below 4	Low Risk.	<ul style="list-style-type: none">• Use ‘Right Mix’ materials to reinforce low-risk drinking, particularly for those who previously had alcohol problems or whose circumstances may change.• Harm reduction advice may be appropriate for those in susceptible groups (see ‘Consumption Score’ above).

8 - 15	<p>Below 4</p> <p>4 or more</p>	<p>Risky or hazardous level. Moderate risk of harm. May include some clients currently experiencing harm (especially those who have minimised their reported intake and problems).</p> <p>Assess for dependency.</p>	<ul style="list-style-type: none"> • Brief Intervention -feedback of AUDIT and harm reduction advice may be sufficient Ideally also: -setting goals and limits -a motivational interview -self-monitoring of drinking -use of “The Right Mix” self-help guide • Counselling may be required.
16 - 19	<p>Below 4</p> <p>4 or more</p>	<p>High-risk or harmful level. Drinking that will eventually result in harm, if not already doing so. May be dependent.</p> <p>Assess for dependence.</p>	<ul style="list-style-type: none"> • Brief Intervention (all components) is a minimum requirement. • Assessment for more intensive intervention. • Counselling using CBT principles and motivational interviewing in individual sessions and/or in groups. • Follow-up and referral where necessary.
20 or more	<p>Below 4</p> <p>4 or more</p>	<p>High-risk Definite harm, also likely to be alcohol dependent. Assess for dependence.</p> <p>Almost certainly dependent. Assess for dependency.</p>	<ul style="list-style-type: none"> • Further assessment preferably including family and significant others. • More intensive counselling and/or group program. • Consider referral to medical or specialist services for withdrawal management. • Pharmacotherapy to manage cravings. • Relapse prevention, longer-term follow-up and support