

The AUDIT

The following questions relate to one's alcohol consumption in the past twelve months.

Questions	0	1	2	3	4	Your Score
1. How often do you have a drink containing alcohol?	Never	Monthly or less	2-4 times a month	2-3 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 six 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 unable 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 from 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 has someone else been injured as the result of your drinking?	No		Yes, but not in the last year		Yes during the last year	
10. Has a relative, friend, or a health 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	

SCORING AUDIT

Scores for questions 1 through 8 ranges from 0 to 4:

The first response for each question (e.g. never)	Score 0
The second (e.g. monthly or less)	Score 1
The third (e.g. 2-4 times a month)	Score 2
The fourth (e.g. 2-3 times a week)	Score 3
Last response (e.g. 4 or more times a week)	Score 4
Questions 9 and 10: (has three responses)	Score 0, 2 and 4

Total Score Interpretation:

AUDIT score	Risk	Action
0 - 7	Low risk	Positive reinforcement
8 - 15	Increased risk	Brief intervention using simple advice focused on the reduction of hazardous drinking
16 - 19	High risk	Brief intervention or extended brief intervention which could involve a number of time limited motivational sessions
20+	Possible dependence	Referral to specialist services