

## AUDIT – Alcohol Use Disorders Identification Test

### AUDIT Questionnaire

Please RING your answer to each of the 10 questions.

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1. How often do you have a drink containing alcohol?
- [0] Never            [1] Monthly or less            [2] Two to four times a month            [3] Two or three times a week            [4] Four or more times a week
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2. How many drinks containing alcohol do you have on a typical day when you are drinking?
- [0] 1 or 2            [1] 3 or 4            [2] 5 or 6            [3] 7 to 9            [4] 10 or more
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3. How often do you have six or more drinks on one occasion?
- [0] Never            [1] Less than monthly            [2] Monthly            [3] Weekly            [4] Daily or almost daily
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4. How often during the past year have you found that you were not able to stop drinking once you had started?
- [0] Never            [1] Less than monthly            [2] Monthly            [3] Weekly            [4] Daily or almost daily
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5. How often during the past year have you failed to do what was normally expected of you because of drinking?
- [0] Never            [1] Less than monthly            [2] Monthly            [3] Weekly            [4] Daily or almost daily
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6. How often during the past year have you needed a first drink in the morning to get yourself going after a heavy drinking session?
- [0] Never            [1] Less than monthly            [2] Monthly            [3] Weekly            [4] Daily or almost daily
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7. How often during the past year have you had a feeling of guilt or remorse after drinking?
- [0] Never            [1] Less than monthly            [2] Monthly            [3] Weekly            [4] Daily or almost daily
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8. How often during the past year have you been unable to remember what happened the night before because you had been drinking?
- [0] Never            [1] Less than monthly            [2] Monthly            [3] Weekly            [4] Daily or almost daily
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9. Have you or has someone else been injured as a result of your drinking?
- [0] No            [2] Yes, but not in the past year            [4] Yes, during the past year
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10. Has a relative or friend or a doctor or other health worker been concerned about your drinking or suggested you cut down?
- [0] No            [2] Yes, but not in the past year            [4] Yes, during the past year
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## Scoring the Alcohol Use Disorders Identification Test

AUDIT – Contd.



### Background

- AUDIT is a ten-item questionnaire.
- It takes about 2 minutes to complete.
- Each question is scored from 0-4.
- Maximum score of 40.
- Questions 1-3 are about alcohol consumption. High scores on the first 3 items, in the absence of elevated scores on the remaining items suggest hazardous alcohol use.
- Questions 4-6 are about alcohol dependence. Elevated scores on these questions imply the presence or emergence of alcohol dependence.
- Questions 7-10 are about problems caused by alcohol. High scores on these questions suggest harmful alcohol use.

### Definitions

- Hazardous alcohol intake is defined, as a level of consumption or pattern of drinking which, if it persists, is likely to result in harm. Men regularly drinking more than 3 units/day (21 units/week) and women regularly drinking more than 2 units / day (14 units/ week) can be regarded as hazardous drinkers.
- Binge drinking can be defined as drinking over half the recommended number of units of alcohol per week in one session i.e. 10 units for men or

- 7 units for women. Binge drinking is also regarded as hazardous to health.
- Harmful alcohol intake is defined as that causing harm to the psychological or physical well-being of the individual.

### How to Score

- Scores for each question are in brackets beside answers.
- A score of 8 in men and 7 in women indicates a strong likelihood of hazardous or harmful alcohol consumption.
- A score of 13 or more is suggestive of alcohol related harm.

### Suggested Action

- For a score between 8-13 for men and 7-13 for women advise your patient to cut down on drinking. Explain the harm excessive drinking can do, give positive reasons for drinking less and advise on sensible drinking limits.
- For a score of over 13 in men and women advise your patient to abstain from alcohol. Further assessment is advised e.g. physical examination, blood tests and assessment for dependence

### Sensible Limits

- Sensible / low risk limits for men are no more than 3 units / day or 21 units / week.
- Sensible / low risk limits for women are no more than 2 units / day or 14 units / week.

1 unit of alcohol is equivalent to:

- Half-pint beer, cider, lager
- Small glass of wine
- Pub measure (25ml) of spirits
- Pub measure (50ml) of fortified wine e.g. sherry, madeira, port