

AUDIT

Alcohol Use Disorders Identification Test...

Please tick one answer for each question:

1. How often do you have a drink containing alcohol?

- [0] Never [1] Once a Month or less [2] Two to four times a month [3] Two or three times a week [4] Four or more times a week

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

3. How often do you have six or more drinks on one occasion?

- [0] Never [1] Sometimes [2] Once a Month [3] Once a Week [4] Just about every day

4. How often during the past year have you started drinking and not been able to stop?

- [0] Never [1] Sometimes [2] Once a Month [3] Once a Week [4] Just about every day

5. How often during the past year has your drinking stopped you doing something you would normally do?

- [0] Never [1] Sometimes [2] Once a Month [3] Once a Week [4] Just about every day

6. How often during the past year have you needed an alcoholic drink in the morning to get yourself going?

- [0] Never [1] Sometimes [2] Once a Month [3] Once a Week [4] Just about every day

7. How often during the past year have you felt guilty after drinking?

- [0] Never [1] Sometimes [2] Once a Month [3] Once a Week [4] Just about every day

8. How often during the past year have you not been able to remember what happened while you were drinking?

- [0] Never [1] Sometimes [2] Once a Month [3] Once a Week [4] Just about every day

9. Have you or anyone else ever been hurt because of your drinking?

- [0] No [2] Yes, but not in the past year [4] Yes, in the past year

10. Has anyone ever advised you to cut down on your drinking?

- [0] No [2] Yes, but not in the past year [4] Yes, in the past year

AUDIT

Continued...

How do I work out my score?

Just add up the numbers in brackets next to your answers.

The highest possible score is 40.

What does my score mean?

A score of 8 to 13 in men and 7 to 13 in women suggests that you are likely to damage your health if you carry on drinking this amount. Your guide will advise you on sensible drinking limits. If you score more than 13, your guide will advise you to stop drinking and see a doctor for tests.

What does it mean if you have high scores for some questions and low for others?

- Questions 1 to 3 are about alcohol consumption. If you have a high score for these three questions (even if you have a low score for the other questions), your drinking may be hazardous or risky.
- Questions 4 to 6 are about alcohol dependence. If you have a high score for these questions, you may be already dependent on alcohol, or becoming dependent.
- Questions 7 to 10 are about problems caused by alcohol. If you have a high score for these questions, your alcohol use may be harmful.

What is hazardous or risky drinking?

This is a pattern of drinking which is likely to harm your health if you carry on doing it.

Men who regularly drink more than 3 units a day (21 units a week) and women who drink more than 2 units a day (14 units a week) can be seen as hazardous or risky drinkers.

What is binge drinking?

This is defined as drinking over half of your weekly limit in one session – this would be 10 units for men and 7 units for women. Binge drinking is harmful to health'

What is harmful drinking?

This means that your drinking is already harming your health.

What is an alcohol unit?

1 unit of alcohol is equivalent to:

- half a pint of beer, cider or lager, or
- a small glass of wine, or
- a pub measure (25 ml) of spirits (such as vodka or whisky), or
- a pub measure (25 ml) of fortified wine (such as sherry)

What is sensible drinking?

- A sensible (or low risk) limit for men is no more than 3 units a day or 21 units a week.
- A sensible (or low risk) limit for women is no more than 2 units a day or 14 units a week.

FOR MORE LEAFLETS IN THIS SERIES GO TO www.primarycare-selfhelp.co.uk