

AUDIT (Alcohol Use Disorders Identification Test) ³¹⁻³⁵

This questionnaire was developed by the World Health Organization to identify persons whose alcohol consumption has been hazardous or harmful to their health.

One unit of alcohol is: 1/2 pint average strength beer/lager OR one glass of wine
OR one single measure of spirits.

Note: some drinks may contain deceptively high quantities of alcohol. For example, a can of high strength lager may contain 3-5 units and a bottle of pre-mixed spirit drink may contain up to 2 units.

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

(0) Never (1) Monthly or less (2) 2-4 times a month (3) 2-3 times a week (4) 4 or more times a week

2. How many units of alcohol do you drink on a typical day when you are drinking?†

(0) 1 or 2 (1) 3 or 4 (2) 5 or 6 (3) 7, 8 or 9 (4) 10 or more

3. How often do you have six or more units of alcohol on one occasion?

(0) Never (1) less than monthly (2) Monthly (3) Weekly (4) 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?†

(0) Never (1) less than monthly (2) Monthly (3) Weekly (4) 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?†

(0) Never (1) less than monthly (2) Monthly (3) Weekly (4) 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?

(0) Never (1) less than monthly (2) Monthly (3) Weekly (4) Daily or almost daily

7. How often during the last 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

8. How often during the last 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

9. Have you or someone else been injured as a result of your drinking?

(0) No (2) Yes, but not in the last year (4) Yes, during the last year

10. Has a relative or friend or doctor or another health worker been concerned about your drinking or suggested you cut down?†

(0) No (2) Yes but not in the last year (4) Yes, during the last year

Record total of specific items here

If total over 8, alcohol use disorder very likely.

Scores above zero on items 4 through 6 indicate presence or emergence of alcohol dependence. The five questions distinguished by † have been used in a shortened version.^{32*}