

Alcohol Use Disorders Identification Test Questionnaire

The AUDIT questionnaire is designed to indicate whether your drinking is harmful, hazardous or dependent.

These ten questions are about your use of alcohol **during the past 12 months**.

In questions 2 and 3, a unit of alcohol means 10 grams of alcohol.

For example (*approximate values*):

1 x bottle of 12% wine = 9 units

1 x pint 5% beer = 3 units

1 x can of 5 % beer, lager, cider = 2 units; 4 cans = 9 units

1 x can of 9 % beer, lager, cider = 4 units; 4 cans = 16 units

1 x 75cl bottle of 40% spirits = 30 units

Please select the answer that is correct for you and note the score

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

- 0 points - Never
- 1 point - Monthly or less
- 2 points - 2-4 times a month
- 3 points - 2-3 times a week
- 4 points - 4 or more times a week

2. How many standard drinks containing alcohol do you have on a typical day when drinking?

- 0 points - 1 or 2
- 1 point - 3 or 4
- 2 points - 5 or 6
- 3 points - 7 to 9
- 4 points - 10 or more

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

- 0 points - Never
- 1 point - Less than monthly
- 2 points - Monthly
- 3 points - Weekly
- 4 points - Daily or almost daily

4. During the past year, how often have you found that you were not able to stop drinking once you had started?

- 0 points - Never
- 1 point - Less than monthly
- 2 points - Monthly
- 3 points - Weekly
- 4 points - Daily or almost daily

5. During the past year, how often have you failed to do what was normally expected of you because of drinking?

- 0 points - Never
- 1 point - Less than monthly
- 2 points - Monthly
- 3 points - Weekly
- 4 points - Daily or almost daily

6. During the past year, how often have you needed a drink in the morning to get yourself going after a heavy drinking session?

- 0 points - Never
- 1 point - Less than monthly
- 2 points - Monthly
- 3 points - Weekly
- 4 points - Daily or almost daily

7. During the past year, how often have you had a feeling of guilt or remorse after drinking?

- 0 points - Never
- 1 point - Less than monthly
- 2 points - Monthly
- 3 points - Weekly
- 4 points - Daily or almost daily

8. During the past year, have you been unable to remember what happened the night before because you had been drinking?

- 0 points - Never
- 1 point - Less than monthly
- 2 points - Monthly
- 3 points - Weekly
- 4 points - Daily or almost daily

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

- 0 points - No
- 2 points - Yes, but not in the past year
- 4 points - Yes, during the past year

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

- 0 points - No
- 2 points - Yes, but not in the past year
- 4 points - Yes, during the past year

Scoring the audit

A score of less than 8 indicates sensible drinking.

A score of 8 - 19 indicates harmful or hazardous drinking - drinking at your current level puts you at risk of developing problems. Consider cutting down, or seeking help from your GP if you can't.

A score of 20 or above indicates that your drinking may already be causing you problems, and you could be dependent. You should definitely stop or reduce your drinking. You should seek help from your GP if you can't.