

The Alcohol Use Disorders Identification Test (AUDIT)

AUDIT Self-Report Version

PATIENT: Because alcohol use can affect your health and can interfere with certain medications and treatments, it is important that we ask some questions about your use of alcohol. Your answers will remain confidential so please be honest.

Place an X in one box that best describes your answer to each question.

Questions	0	1	2	3	4	
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 standard drinks containing alcohol do you have on a typical day when you are drinking?	1–2	3–4	5–6	7–9	10 or more	
3. How often do you have six or more standard 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 not able 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 of 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 someone else been injured because of your drinking?	No		Yes, but not in the last year		Yes, during the last year	
10. Has a relative, friend, doctor, or other health care 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 for AUDIT

Questions 1 through 8 are scored 0, 1, 2, 3 or 4.

Questions 9 and 10 are scored 0, 2 or 4 only.

The AUDIT elicits a score of between 0 and 40. Although a score of 8 or more (some studies suggest a score of 7 for women) indicates hazardous or harmful alcohol consumption, 13 suggests further investigation (clinical examination) is required to assess for possibility of dependence. It is not a diagnostic, but rather an interpretive and indicative tool. Although the global score itself is useful, also consider the three main areas of questioning to elicit specific information about patterns of use and potential for dependence.

The three main areas assessed are:

Questions 1–3: Quantity and frequency of use

Questions 4–6: Possible dependence on alcohol

Questions 7–10: Alcohol-related problems

The AUDIT is a quick, reliable and valuable screening tool for screening for hazardous or harmful patterns of use and alcohol-related problems and complements the assessment process.

A Guide to interpretation and intervention:

Abstainer	Low risk alcohol use	Risky or harmful alcohol use	Alcohol dependence likely
0 No further intervention necessary	<8 Reinforce safe drinking behaviour	8+ Provide evidence on the consequences of continued risky or harmful alcohol consumption	13+ Provide advice and prescribe pharmacotherapy

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