

# AUDIT (Alcohol Use Disorders Identification Test)

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

FOR EACH QUESTION SELECT YOUR ANSWER AND FILL IN THE SCORE GIVEN IN BRACKETS [ ] IN THE BOX

One unit of alcohol is: ½ pint average strength beer/lager OR one glass of wine OR one single measure of spirits. Note: a can of high strength beer or lager may contain 3-4 units. (See the Aquarius Unit Reckoner fact sheet for more information about units of alcohol.)

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

continues ...

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

If you scored positive and would like to read some suggestions about what to do next, close this document (save it to disk first if you like) and return to the front page of the *About Drinking Problems* section of the Aquarius website.