

Alcohol Use Disorders Identification Test (AUDIT)

Name: _____

Date: _____

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. Count standard drinks: one is about 250 ml of beer, 100 ml of wine or 30 ml of spirits. Mark one option for each question.

	Never	Monthly or less	2 to 4 times a month	2 to 3 times a week	4 or more times a week
1. How often do you have a drink containing alcohol?	0	1	2	3	4
	1 or 2	3 or 4	5 or 6	7 to 9	10 or more
2. How many drinks containing alcohol do you have on a typical day when you are drinking?	0	1	2	3	4
	Never	Less than monthly	Monthly	Weekly	Daily or almost daily
3. How often do you have six or more drinks on one occasion?	0	1	2	3	4
4. How often during the last year have you found that you were not able to stop drinking once you had started?	0	1	2	3	4
5. How often during the last year have you failed to do what was normally expected of you because of drinking?	0	1	2	3	4
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	1	2	3	4
7. How often during the last year have you had a feeling of guilt or remorse after drinking?	0	1	2	3	4
8. How often during the last year have you been unable to remember what happened the night before because of your drinking?	0	1	2	3	4
			No	Yes, but not in the last year	Yes, during the last year
9. Have you or someone else been injured because of your drinking?			0	2	4
10. Has a relative, friend, doctor, or other health care worker been concerned about your drinking or suggested you cut down?			0	2	4

Total score: _____

A score of 8 or more indicates hazardous or harmful drinking.

Babor T.F., Higgins-Biddle J.C., Saunders J.B., Monteiro M.G., "AUDIT: The Alcohol Use Disorders Identification Test. Guidelines for Use in Primary Care", 2nd ed., World Health Organization 2001. This document may be freely reviewed, abstracted, reproduced and translated, in part or in whole, but not for sale nor for use in conjunction with commercial purposes.