

The alcohol Use Disorders Identification Test (AUDIT), developed in 1982 by the World Health Organization, is a simple way to screen and identify people at risk of alcohol problems.

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

- (0) Never (Skip to question 9-10)
- (1) Monthly or less
- (2) 2 to 4 times a month
- (3) 2 to 3 times a week
- (4) 4 or more times a week

2. - How many drinks containing alcohol do you have 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 drinks on one occasion?

- (0) Never
- (1) Less than monthly
- (2) monthly
- (3) weekly
- (4) Day 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) Day 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) Day or almost daily

6. - 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) Day or almost daily

7. - How often during the last year have you needed an alcoholic drink first thing in the morning to get yourself, going after a night of heavy drinking ?

- (0) Never
- (1) Less than monthly
- (2) monthly
- (3) weekly
- (4) Day or almost daily

8. - 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) Day 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, friend, doctor, or another Health professional expressed concern about your drinking or suggested you cut down?

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

Add up the points associated with answers. A total score of 8 or more indicates harmful drinking behavior.

