

THE AUDIT

The following questions relate to one's alcohol consumption in the past twelve months.

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

- Never 2 to 3 times a week 4 or more times a week
 Monthly or less 2 to 4 times a month

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

- None 1 or 2 3 or 4
 5 or 6 7 or 9 10 or more

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

- Never Daily or almost daily Weekly
 Less than monthly Monthly

4. How often during the last year have you found that you were unable to stop drinking once you had started?

- Never Daily or almost daily Weekly
 Less than monthly Monthly

5. How often during the last year have you failed to do what was normally expected from you because of drinking?

- Never Daily or almost daily Weekly
 Less than monthly Monthly

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 Daily or almost daily Weekly
 Less than monthly Monthly

7. How often during the last year have you had a feeling of guilt or remorse after drinking?

- Never Daily or almost daily Weekly
 Less than monthly Monthly

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

- Never Daily or almost daily Weekly
 Less than monthly Monthly

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

- Never Daily or almost daily Weekly
 Less than monthly Monthly

SCORING AUDIT

Scores for questions 1 through 8 ranges from 0 to 4:

The first response for each question (e.g. never)	Score 0
The second (e.g. less than monthly)	Score 1
The third (e.g. monthly)	Score 2
The fourth (e.g. weekly)	Score 3
Last response (e.g. daily or almost daily)	Score 4
Questions 9 and 10: (have three responses):	Score 0, 2 and 4

TOTAL SCORE INTERPRETATION:

A score of **8 or more** is associated with harmful or hazardous drinking.

A score of **13 or more** in women, and **15 or more** in men, is likely to indicate alcohol dependence.