

## AUDIT

Alcohol use disorders identification test. (Scores for response categories are given in boxes)

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

0

Never

1

Monthly or less

2

Two or four  
times a month

3

Two or three  
times a week

4

Four 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 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

Daily or almost daily

4. How often during the past 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 past year have you failed to do what was normally expected of you because of drinking?

0

Never

1

Less than monthly

2

Monthly

3

Weekly

4

Daily or almost daily

6. How often during the past 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 past 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 past 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 has someone else been injured as a result of your drinking?

0

No

2

Yes, but not in  
the past year

4

Yes, during the  
past year

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

0

No

2

Yes, but not in  
the past year

4

Yes, during the  
past year

### Interpretation of scores:

- Scores between 8 and 15 are most appropriate for simple advice focused on the reduction of hazardous drinking.
- Scores between 16 and 19 suggest brief counselling and continued monitoring.
- AUDIT scores of 20 or above clearly warrant further diagnostic evaluation for alcohol dependence.

References: Piccinelli M, Tessari E, Bortolomasi M, et al. Efficacy of the alcohol use disorders identification test as a screening tool for hazardous alcohol intake and related disorders in primary care: a validity study. *BMJ* 1997; 314: 420. Babor TF, Higgins-Biddle JC, Saunders JB, Monteiro MG. The Alcohol Use Disorders Identification Test Guidelines for Use in Primary Care (2nd ed.) World Health Organisation 2001.