

AUDIT

Background

- The AUDIT Test is One of the Most Accurate
- The Alcohol Use Disorders Identification Test (AUDIT) was developed by the World Health Organization in 1982 as a simple way to screen and identify people who are at risk of developing alcohol problems.
- The AUDIT test focuses on identifying the preliminary signs of hazardous drinking and mild dependence. It is used to detect alcohol problems experienced within the last year. It is one of the most accurate alcohol screening tests available, rated 92 percent effective in detecting hazardous or harmful drinking.
- Unlike some alcohol screening tests, the AUDIT has proven to be accurate across all ethnic and gender groups.
- The test contains 10 multiple choice questions on quantity and frequency of alcohol consumption, drinking behavior and alcohol-related problems or reactions. The answers are scored on a point system; a score of more than eight indicates an alcohol problem.

Questions	Scoring System					Your Score
	0	1	2	3	4	
1. How often do you have a drink that contains alcohol?	Never	Monthly or less	2-4 times per month	2-3 times per week	4+ times per week	
2. How many standard alcoholic drinks do you have on a typical day when you are drinking?	1 - 2	3 - 4	5 - 6	7 - 8	10+	
3. How often do you have 6 or more standard drinks on one occasion?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily	
4. How often in the last year have you found you were not able to stop drinking once you had started?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily	
5. How often in the last year have you failed to do what was expected of you because of drinking?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily	
6. How often in the last year have you needed an alcoholic drink in the morning to get you going?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily	
7. How often in the last year have you had a feeling of guilt or regret after drinking?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily	
8. How often in the last year have you not been able to remember what happened when drinking the night before?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily	
9. Have you or someone else been injured as a result of your drinking?	No		Yes, but not in the last year		Yes, during the last year	
10. Has a relative/friend/doctor/ health worker been concerned about your drinking or advised you to cut down?	No		Yes, but not in the last year		Yes, during the last year	
Scoring: 0-7 = sensible drinking; 8-15 = hazardous drinking; 16-19 = harmful drinking; 20+ = possible dependence						