# Alcohol screening questionnaire (AUDIT)

Drinking alcohol can affect your health and some medications you may take. Please help us provide you with the best medical care by answering the questions below.

Patient name: ___________________

Date of birth: ____________________

## One drink equals:

- **12 oz. beer**
- **5 oz. wine**
- **1.5 oz. liquor** (one shot)

## Questions

1. **How often do you have a drink containing alcohol?**
   - Never
   - Monthly or less
   - 2 - 4 times a month
   - 2 - 3 times a week
   - 4 or more times a week

2. **How many drinks containing alcohol do you have on a typical day when you are drinking?**
   - 0 - 2
   - 3 or 4
   - 5 or 6
   - 7 - 9
   - 10 or more

3. **How often do you have six or more drinks on one occasion?**
   - Never
   - Less than monthly
   - Monthly
   - Weekly
   - Daily 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?**
   - Never
   - Less than monthly
   - Monthly
   - Weekly
   - Daily or almost daily

5. **How often during the last year have you failed to do what was normally expected of you because of drinking?**
   - Never
   - Less than monthly
   - Monthly
   - Weekly
   - Daily or almost daily

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
   - Less than monthly
   - Monthly
   - Weekly
   - Daily or almost daily

7. **How often during the last year have you had a feeling of guilt or remorse after drinking?**
   - Never
   - Less than monthly
   - Monthly
   - Weekly
   - Daily or almost daily

8. **How often during the last year have you been unable to remember what happened the night before because of your drinking?**
   - Never
   - Less than monthly
   - Monthly
   - Weekly
   - Daily or almost daily

9. **Have you or someone else been injured because of your drinking?**
   - No
   - Yes, but not in the last year
   - Yes, in the last year

10. **Has a relative, friend, doctor, or other health care worker been concerned about your drinking or suggested you cut down?**
    - No
    - Yes, but not in the last year
    - Yes, in the last year

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**Have you ever been in treatment for an alcohol problem?**

- □ Never
- □ Currently
- □ In the past

<table>
<thead>
<tr>
<th></th>
<th>I</th>
<th>II</th>
<th>III</th>
<th>IV</th>
</tr>
</thead>
<tbody>
<tr>
<td>M:</td>
<td>0-4</td>
<td>5-14</td>
<td>15-19</td>
<td>20+</td>
</tr>
<tr>
<td>W:</td>
<td>0-3</td>
<td>4-12</td>
<td>13-19</td>
<td>20+</td>
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</table>
**Scoring and interpreting the AUDIT:**

1. Each response has a score ranging from 0 to 4. All response scores are added for a total score.

2. The total score correlates with a zone of use, which can be circled on the bottom left corner.

<table>
<thead>
<tr>
<th>Score*</th>
<th>Zone</th>
<th>Action</th>
</tr>
</thead>
<tbody>
<tr>
<td>0-3: Women 0-4: Men</td>
<td>I – Low Risk</td>
<td>Brief education</td>
</tr>
<tr>
<td>4-12: Women 5-14: Men</td>
<td>II – Risky</td>
<td>Brief intervention</td>
</tr>
<tr>
<td>20+: Men 20+: Women</td>
<td>IV – Dependent</td>
<td>Referral to specialized treatment</td>
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</tbody>
</table>

**Brief education:** An opportunity to educate patients about low-risk consumption levels and the risks of excessive alcohol use.

**Brief intervention:** Patient-centered discussion that employs Motivational Interviewing concepts to raise an individual’s awareness of his/her substance use and enhancing his/her motivation towards behavioral change. Brief interventions are typically performed in 3-15 minutes, and should occur in the same session as the initial screening. Repeated sessions are more effective than a one-time intervention.

The recommended behavior change is to cut back to low-risk drinking levels unless there are other medical reasons to abstain (liver damage, pregnancy, medication contraindications, etc.).

Patients with numerous or serious negative consequences from their drinking, or patients with likely dependence who cannot or will not obtain conventional specialized treatment, should receive more numerous and intensive interventions with follow up. The recommended behavior change in this case is to either cut back to low-risk drinking levels or abstain from use.

**Referral to specialized treatment:** A proactive process that facilitates access to specialized care for individuals who have been assessed to have substance use dependence. These patients are referred to alcohol and drug treatment experts for more definitive, in-depth assessment and, if warranted, treatment. The recommended behavior change is to abstain from use and accept the referral.