AUDIT

Introduction

The Alcohol Use Disorders Identification Test (AUDIT) is a 10-item screening tool developed by the World Health Organization (WHO) to assess alcohol consumption, drinking behaviors, and alcohol-related problems. Both a clinician-administered version (page 1) and a self-report version of the AUDIT (page 2) are provided. Patients should be encouraged to answer the AUDIT questions in terms of standard drinks. A chart illustrating the approximate number of standard drinks in different alcohol beverages is included for reference. A score of 8 or more is considered to indicate hazardous or harmful alcohol use. The AUDIT has been validated across genders and in a wide range of racial/ethnic groups and is wellsuited for use in primary care settings. Detailed guidelines about use of the AUDIT have been published by the WHO and are available online: http://whqlibdoc.who.int/hq/2001/who_msd_msb_01.6a.pdf

The Alcohol Use Disorders Identification Test: Interview Version

Read questions as written. Record answers carefully. Begin the AUDIT by saying "Now I am going to ask you some questions about your use of alcoholic beverages during this past year." Explain what is meant by "alcoholic beverages" by using local examples of beer, wine, vodka, etc. Code answers in terms of "standard drinks". Place the correct answer number in the box at the right.

 How often do you have a drink containing alcohol? (0) Never [Skip to Os 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 	 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? (0) Never (1) Less than monthly (2) Monthly (3) Weekly (4) Daily or almost daily 			
 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 	 7. 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) Daily or almost daily 			
 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 <i>Skip to Questions 9 and 10 if Total Score for Questions 2 and 3 = 0</i> 	 8. 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) 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? (0) Never (1) Less than monthly (2) Monthly (3) Weekly (4) Daily 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 			
 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) Daily or almost daily 	 10. Has a relative or friend or a doctor or another health worker been concerned about your drinking or suggested you cut down? (0) No (2) Yes, but not in the last year (4) Yes, during the last year 			
Record total of specific items here				

The Alcohol Use Disorders Identification Test: Self-Report Version

PATIENT: Because alcohol use can affect your health and can interfere with certain medications and treatments, it is important that we ask some questions about your use of alcohol. Your answers will remain confidential so please be honest. Place an X in one box that best describes your answer to each question.

Questions	0	1	2	3	4	
 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	
 How many drinks containing alcohol do you have on a typical day when you are drinking? 	1 or 2	3 or 4	5 or 6	7 to 9	10 or more	
 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	
 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	
 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	
 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	
 How often during the last year have you been unable to remem- ber what happened the night before because of your drinking? 	Never	Less than monthly	Monthly	Weekly	Daily or almost daily	
 Have you or someone else been injured because of your drinking? 	No		Yes, but not in the last year		Yes, during 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, during the last year	
				Total		

STANDARD	APPROXIMATE
DRINK EQUIVALENTS	
	STANDARD DRINKS IN:
BEER or COOLER 12 oz.	12 oz. = 1
12 02.	12 oz. = 1 16 oz. = 1.3
	22 oz. = 2
100	40 oz. = 3.3
~5% alcohol	
MALT LIQUOR	
8-9 oz.	12 oz. = 1.5 16 oz. = 2
	22 oz. = 2.5
	40 oz. = 4.5
7% clockel	
~7% alcohol	
TABLE WINE	
5 oz.	a 750 mL (25 oz.) bottle = 5
A	
Y	
~12% alcohol	
80-proof SPIRITS	(hard liquor)
1.5 oz.	a mixed drink = 1 or more*
	a pint (16 oz.) = 11
LED	a fifth (25 oz.) = 17 1.75 L (59 oz.) = 39
Livi I alleg man	
~40% alcohol	*Note: Depending on factors such as the type of spirits and the recipe, one mixed
	drink can contain from one to three or more standard drinks.

http://pubs.niaaa.nih.gov/publications/Practitioner/pocketguide/pocket_guide2.htm