


AUDIT Alcohol Screening Tool

The AUDIT (Alcohol Use Disorders Identification Test) is an effective and reliable screening tool for detecting risky and harmful drinking patterns¹.

INSTRUCTIONS: by completing the following questions in the AUDIT Alcohol Screen you will be able to assess whether your drinking is putting you at risk of alcohol-related harm:

1. Answer the following questions about your alcohol use during the **past 12 months**.
2. 'Circle' one box that best describes your answer to each question. Answer as accurately as you can.
3. When you have completed the questions SCORE them and put your total score in the box. Thank you.

Questions	0	1	2	3	4	Score
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+ times a week	
2. 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	
3. How often do you have six or more standard 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 drink first thing 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, during the last year	
10. Has a relative, friend, doctor or other healthcare worker been concerned about your drinking or suggested you cut down?	No		Yes, but not in the last year		Yes, during the last year	
To SCORE: 1. Questions 1 – 8 are scored as 0, 1, 2, 3 or 4 2. Questions 9 and 10 are scored as 0, 2 or 4 only 3. Add all scores from each question to calculate total AUDIT score					Total 	

The Alcohol Use Disorders Identification Test (AUDIT) World Health Organisation (WHO) has been adapted by the Mental Health Commission, 2018.

1. Thomas F Babor, John C. Higgins-Biddle, John B. Saunders, and Maristela G. Monteiro (2001) AUDIT: The Alcohol Use Disorders Identification Test Guidelines for Use in Primary Care. Second Edition.