



Alcohol Use Disorders Identification Test (AUDIT)

Facility:

(Affix identification label here)

URN:

Family name:

Given name(s):

Address:

Date of birth:

Sex: M F I

The guide below contains examples of **one standard drink** (a standard drink contains 10 grams of alcohol)

Full Strength Beer 285ml	Mid Strength Beer 375ml	Low Strength Beer 425ml	Pre-mix Spirits 330ml	Wine 100ml	Spirits 30ml

The following questions relate to your alcohol use in the past year. Please select from the answers below and place a number that corresponds with your answer in the box.

	Never	Monthly or less	2 - 4 times a month	2 - 3 times a week	4 or more times a week	Score	Sub totals
1 How often do you have a drink containing alcohol?	<input type="text" value="0"/>	<input type="text" value="1"/>	<input type="text" value="2"/>	<input type="text" value="3"/>	<input type="text" value="4"/>	<input type="text"/>	
	1 or 2	3 or 4	5 or 6	7 to 9	10 or more		
2 How many standard drinks do you have on a typical day when you are drinking?	<input type="text" value="0"/>	<input type="text" value="1"/>	<input type="text" value="2"/>	<input type="text" value="3"/>	<input type="text" value="4"/>	<input type="text"/>	
	Never	Less than monthly	Monthly	Weekly	Daily or almost daily		
3 How often do you have six or more standard drinks on one occasion?	<input type="text" value="0"/>	<input type="text" value="1"/>	<input type="text" value="2"/>	<input type="text" value="3"/>	<input type="text" value="4"/>	<input type="text"/>	<input type="text"/>
4 How often during the last year have you found that you were not able to stop drinking once you had started?	<input type="text" value="0"/>	<input type="text" value="1"/>	<input type="text" value="2"/>	<input type="text" value="3"/>	<input type="text" value="4"/>	<input type="text"/>	
5 How often during the last year have you failed to do what was normally expected of you because of drinking?	<input type="text" value="0"/>	<input type="text" value="1"/>	<input type="text" value="2"/>	<input type="text" value="3"/>	<input type="text" value="4"/>	<input type="text"/>	
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?	<input type="text" value="0"/>	<input type="text" value="1"/>	<input type="text" value="2"/>	<input type="text" value="3"/>	<input type="text" value="4"/>	<input type="text"/>	<input type="text"/>
7 How often during the last year have you had a feeling of guilt or remorse after drinking?	<input type="text" value="0"/>	<input type="text" value="1"/>	<input type="text" value="2"/>	<input type="text" value="3"/>	<input type="text" value="4"/>	<input type="text"/>	
8 How often during the last year have you been unable to remember what happened the night before because of your drinking?	<input type="text" value="0"/>	<input type="text" value="1"/>	<input type="text" value="2"/>	<input type="text" value="3"/>	<input type="text" value="4"/>	<input type="text"/>	
	No	Yes, but not in the last year	Yes, during the last year				
9 Have you or someone else been injured because of your drinking?	<input type="text" value="0"/>	<input type="text" value="2"/>	<input type="text" value="4"/>			<input type="text"/>	
10 Has a relative, friend, doctor or other health worker been concerned about your drinking or suggested you cut down?	<input type="text" value="0"/>	<input type="text" value="2"/>	<input type="text" value="4"/>			<input type="text"/>	<input type="text"/>
AUDIT Total Score						<input type="text"/>	

Supplementary questions

	No	Probably not	Unsure	Possibly	Definitely
Do you think you presently have a problem with drinking?	<input type="text" value="0"/>	<input type="text" value="1"/>	<input type="text" value="2"/>	<input type="text" value="3"/>	<input type="text" value="4"/>
	Very easy	Fairly easy	Neither difficult nor easy	Fairly difficult	Very difficult
In the next 3 months, how difficult would you find it to cut down or stop drinking?	<input type="text" value="0"/>	<input type="text" value="1"/>	<input type="text" value="2"/>	<input type="text" value="3"/>	<input type="text" value="4"/>

DO NOT WRITE IN THIS BINDING MARGIN

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SW322

ALCOHOL USE DISORDERS IDENTIFICATION TEST (AUDIT)

How to score the AUDIT

The World Health Organization's Alcohol Use Disorders Identification Test (AUDIT) is a tool used for the early detection of risky and high risk (or hazardous and harmful) drinking. It has three questions on alcohol consumption (**1 to 3**), three questions on drinking behaviour and dependence (**4 to 6**) and four questions on the consequences or problems related to drinking (**7 to 10**).

Scoring the AUDIT

- The columns in the AUDIT are scored from left to right.
- **Questions 1 to 8** are scored on a five-point scale from **0, 1, 2, 3, and 4**.
- **Questions 9 and 10** are scored on a three-point scale from **0, 2 and 4**.
- Record the score for each question in the 'score' column on the right, including a zero for responses of 'never' or 'no'.
- Record a total score in the '**AUDIT Total Score**' box at the bottom of the column. The maximum score is 40.

Consumption Score

Add up **questions 1 to 3** and place this sub total in the adjacent single box in the far right column (maximum score possible = 12). A score of 6 or 7 may indicate a risk of alcohol-related harm, even if this is also the total score for the AUDIT. Drinking may also take place in dangerous situations (e.g. driving, fishing / boating). Scores of 6 to 7 may also indicate potential harm for those groups more susceptible to the effects of alcohol, such as young people, women, the elderly, people with mental health problems and people on medication. Further inquiry may reveal the necessity for harm reduction advice.

Dependence Score

Add up **questions 4 to 6** and place this sub total in the adjacent single box in the far right column (maximum score possible = 12). In addition to the total AUDIT score, a secondary 'dependence' score of 4 or more as a sub total of **questions 4 to 6**, suggests the possibility of alcohol dependence (and therefore the need for more intensive intervention if further assessment confirms dependence).

Alcohol-Related Problems Score

Any scoring on **questions 7 to 10** warrants further investigation to determine whether the problem is of current concern and requires intervention.

The **Supplementary Questions** provide useful clinical information associated with the client's perception of whether they think they have a problem with drinking alcohol and their confidence that change is possible in the short-term. They indicate the degree of intervention required as outlined in the recommended interventions below.

How to interpret the AUDIT

AUDIT Total score	Dependence Score	Risk Level	Recommended Interventions
0 - 7	Below 4	Low-risk	<ul style="list-style-type: none">• Encourage continued low-risk use, particularly for those who previously had alcohol problems or whose circumstances may change.• Harm minimisation advice may be appropriate (see 'Consumption score' above).
8 - 14	Below 4	Hazardous and harmful Moderate risk of harm. May include some clients currently experiencing harm (especially those who have minimised their reported intake and problems).	<ul style="list-style-type: none">• Brief intervention using FLAGS approach (feedback, listen, advice, goals, strategies)• Feedback of AUDIT scores and harm minimisation advice may be sufficient• Motivational interviewing, setting goals and limits, self-monitoring of drinking may be required• Reinforce the brief intervention by self-help material• Consider follow-up and after-care strategies
	4 or more	Assess for dependence	
15 or more	Below 4	High-risk Definite harm, also likely to be alcohol dependent.	<ul style="list-style-type: none">• Brief intervention using FLAGS approach (feedback, listen, advice, goals, strategies)• Comprehensive assessment for intensive treatment interventions, preferably including family and significant others• Assessment for withdrawal, withdrawal interventions (pharmacotherapy support, residential rehabilitation programs)• More intensive psychosocial interventions - motivational interviewing, relapse prevention strategies, CBT approaches (coping skills training, controlled drinking, individual and / or group sessions)• Consider longer term follow-up, support and after-care strategies
	4 or more	Assess for dependence	

What do the Australian Guidelines recommend to reduce health risks from drinking alcohol?

For healthy men and women, drinking **no more than 2 standard drinks** reduces the risk of harm from alcohol-related disease or injury over a lifetime. Drinking **no more than 4 standard drinks on a single occasion** reduces the risk of alcohol-related injury arising from that occasion. For children and young people under 18 years of age; and women who are planning a pregnancy, pregnant, or breast-feeding, it is recommended that not drinking alcohol is the safest option.

Reference: World Health Organisation 2001, *AUDIT, the Alcohol Use Disorders Identification Test*, WHO.