

Alcohol

Brief Assessment



The purpose of this tool is to provide you with a better understanding of your alcohol use.

Worker's notes

This tool is not intended to replace a full assessment. It is designed to be used alongside other Check Tools as part of a tailored brief intervention. Please consider all risk, safety, consent and confidentiality issues before commencing. If now is not a good time, this and other Check Tools can be taken away by the person and read at a later date.

Name:

Date:

At what age did you first try alcohol?

yrs

Can you describe to me the way that you drink?

e.g. When do you have your first / last drink? Do you drink slowly/steadily throughout the day, or a larger amount in a shorter period of time?

Are there particular times, events, places or people that influence the way you drink?

e.g. Do you drink more or less on a work/non-work day or weekend/holidays? Or when you're with certain people or do/don't have children in your care (or other caregiving responsibilities)? Or when having certain thoughts or feelings? What about special occasions or anniversaries?

Would you say your overall level of alcohol use is...













Increasing? Decreasing? Staying roughly the same?

These next three questions use a scoring system to see if you may be experiencing harm from your alcohol use

1 How often do you have a drink containing alcohol? (please circle/select score to the right)

Never 0	Monthly or less 1	2-4 times per month 2	2-3 times per week 3	4+ times per week 4
-------------------	-----------------------------	---------------------------------	--------------------------------	-------------------------------

2 How many standard drinks of alcohol do you drink on a typical day when you are drinking?
We're going to use the table below to help calculate this (NB: the table contains approximate measures only)

Beer / Cider						Wine			Spirits		
Mid-strength beer (3.5%)			Full-strength beer / Cider (4.5%)			100mL Glass (12%)	750mL Bottle (12%)	2L Cask (12%)	Shot (40%)	375mL Premix Can (5%)	700mL Bottle (40%)
Stubbie (375mL) 	Pint (570mL) 	Tallie (750mL) 	Stubbie (375mL) 	Pint (570mL) 	Tallie (750mL) 						
For each drink above, count how many you would consume on a typical day and enter into the box below											
Now multiply each number above by the number of standard drinks below and enter into the boxes underneath											
1.0	1.5	2.0	1.5	2.0	2.5	1	7.5	20	1	1.5	22
Enter total number of standard drinks here											

Now circle/select the score to the right that matches the number of standard drinks

0-2 drinks 0	3-4 drinks 1	5-6 drinks 2	7-9 drinks 3	10+ drinks 4
------------------------	------------------------	------------------------	------------------------	------------------------

3 How often do you have 5 or more standard drinks on one occasion? (please circle/select the score to the right)

Never 0	Less than monthly 1	Monthly 2	Weekly 3	Daily or almost daily 4
-------------------	-------------------------------	---------------------	--------------------	-----------------------------------

Now add up your score from the 3 questions and write it here:

What does your total score mean?

0-3	Low risk	You are either a non-drinker or drink at low risk levels.
4-5	Moderate risk	Your drinking may be causing some harm to your health and wellbeing.
5+	High risk	Your drinking is causing harm to your health and wellbeing.

What are your initial thoughts or reactions about this result?

According to the Australian Drinking Guidelines, to reduce the risk of harm from alcohol...

Healthy Adults

Should not drink more than 10 standard drinks a week, and no more than 4 standard drinks on one day.

Children and people under 18 years of age

Should not drink any alcohol.

Women who are pregnant, planning pregnancy or breastfeeding

Should not drink alcohol to prevent harm from alcohol to their unborn child or baby.

Key message: the less you drink, the lower your risk of harm.

Would you like to explore your relationship with alcohol further?

See Check Tool 2 "Understanding your substance use"

Would you like to make changes to your alcohol use?

See Check Tool 3 "Thinking about cutting back or quitting?"

Would you like information on ways to use alcohol more safely?

See Check Tool 4 "Ways to reduce harms"



Consumers and / or carers provided feedback on this publication