

One standard drink contains 10g of alcohol



Alcohol Screen (AUDIT)

Introduction

Because alcohol use can affect health and interfere with certain medications and treatments, it is important that we ask you some questions about your use of alcohol. Your answers will remain confidential, so please be as accurate as possible. Try to answer the questions in terms of **'standard drinks'**. Please ask for clarification in required.

| Audit Questions – Please tick the response that best fits your drinking. | Never | Monthly or less | 2-4 times a month | 2-3 times a week | 4 or more times a week |
|--|--------------------------|-------------------------------|---------------------------|--------------------------|--------------------------|
| 1. How often do you have a drink containing alcohol? | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| | Go to Q 9 & 10 | | | | |
| | 1 or 2 | 3 or 4 | 5 or 6 | 7 to 8 | Daily/ almost daily |
| 2. How many standard drinks do you have on a typical day when you are drinking? | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| | Never | Less than Monthly | Monthly | Weekly | Daily/ almost daily |
| 3. How often do you have six or more standard drinks on one occasion? | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 4. How often during the last year have you found that you were not able to stop drinking once you had started? | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 5. How often during the last year have you failed to do what was normally expected of you because of drinking? | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 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="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 7. How often during the last year have you had a feeling of guilt or remorse after drinking? | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 8. How often during the last year have you been unable to remember what happened the night before because you had been drinking? | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| | 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="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | | |
| 10. Has a relative, friend, doctor or other health care worker been concerned about your drinking or suggested you cut down? | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | | |
| Supplementary Questions | No | Probably Not | Unsure | Possibly | Definitely |
| How often during the last year have you had a feeling of guilt or remorse after drinking? | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| | Very easy | Fairly easy | Neither | Fairly difficult | Very difficult |
| How often during the last year have you had a feeling of guilt or remorse after drinking? | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

How to score and interpret Audit

The World Health Organisation's Alcohol Use Disorders Identification Test (AUDIT) is a very reliable and simple screening tool which is sensitive to 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 behaviours and dependency (**4 to 6**) and four questions on the consequences or problems relating to drinking (**7 to 10**).

The **Supplementary Questions** do not belong to the AUDIT and are **not** scored. They provide useful clinical information associated with the client's perception of whether they have an alcohol problem and their confidence that change is possible in the short-term. They act as an indication of the degree of intervention required and provide a link to counselling or brief intervention following feedback of AUDIT score to the client.

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 table. Include a zero for questions **2 to 8** if 'skipped'.
- Record a total score in the **TOTAL** box. Maximum score is 40.

| Question Number | Score | Sub Totals |
|-----------------|-------|------------|
| 1. | | |
| 2. | | |
| 3. | | |
| 4. | | |
| 5. | | |
| 6. | | |
| 7. | | |
| 8. | | |
| 9. | | |
| 10. | | |
| TOTAL | | |

Consumption Score

Add up questions 1 to 3 and place this in the sub-totals section (maximum score possible is 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 (e.g. consumption could be over the recommended weekly intake of 28 for men and 14 for females in the absence of scoring on any other questions). 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 necessity for harm reduction advice.

Dependence Score

Add up **questions 4 to 6** and place this in the sub-totals section (maximum score possible is 12). In addition to the total AUDIT score, a secondary 'dependence' score of 4 or more as a subtotal of questions 4 to 6, suggests the possibility of alcohol dependence (and therefore the need for more intensive intervention if further assessment confirm dependence).

Alcohol – related problems score

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

| AUDIT total score | Dependence Score | Risk Level | Possible Interventions |
|-------------------|------------------|---|---|
| 0 - 7 | Below 4 | Low – Risk | <ul style="list-style-type: none"> • Use materials to reinforce low-risk drinking, particularly for those who previously had alcohol problems or whose circumstances may change • Harm reduction advice may be appropriate for those in susceptible groups |
| 8 - 15 | Below 4 | Risky or hazardous level. 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 <ul style="list-style-type: none"> - Feedback of AUDIT and harm reduction advice may be sufficient - Ideally also: <ul style="list-style-type: none"> - Setting goals - A motivational interview - Self-monitoring of drinking - Use of 'The Right Mix' self-help guide • Counselling may be required |
| | 4 or more | Assess for dependency | |
| 16 - 19 | Below 4 | High-risk or harmful level. Drinking that will eventually result in harm, if not already doing so. May be dependant. | <ul style="list-style-type: none"> • Brief Intervention (all components) is a minimum requirement • Assessment for more intensive intervention • Counselling using CBT principles and motivational interviewing • Follow up and referral where necessary |
| | 4 or more | Assess for dependency | |
| 20 or more | Below 4 | High-risk Definite harm, also likely to be alcohol dependant. Assess for dependence. | <ul style="list-style-type: none"> • Further assessment preferably including family and significant others. • More intense counselling and/or group program • Consider referral to medical or specialist services for withdrawal management • Pharmacotherapy to manage cravings • Relapse prevention, longer-term follow up and support |
| | 4 or more | Almost certainly dependent. Assess for dependency | |