

Alcohol Disorders Identification Test (AUDIT)

These questions will help determine if there is a potential risk of Alcohol Disorders.

Circle the best answer for each question	0 points	1 point	2 points	3 points	4 points
1. How often do you have a drink containing alcohol?	Never*	Monthly or less	2 to 4 times a month	2 to 3 times a week	4 or more times a week
* If answer is never, skip to questions 9-10					
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, 8, or 9	10 or More
3. How often do you have six or more drinks on one occasion?	Never*	Less than monthly	Monthly	Weekly	Daily or almost daily
* If your answers to 2 and 3 are "1 or 2" and "Never" skip to questions 9-10					
4. How often during the last year have you found that you were unable 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 in 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
7. How often in 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 you had been drinking?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily
9. Have you or someone else been injured as a result of your drinking?	No	Yes but not in the last year	Yes, in the last year		
10. Has a relative, friend, doctor or other health worker been concerned with your drinking or suggested you cut down?	No	Yes, but not in the last year	Yes, in the last year		
Total Score:					

Each answer above is worth the number of points at the top of the column. Total the score from all answers to find your total score.

Scoring and Interpretation of the AUDIT

Score	Interpretation
0-7	No to low risk of harmful alcohol use
8	Low level of hazardous and harmful alcohol use and possibly alcohol dependence
9-15	Medium level of hazardous and harmful alcohol use and possible alcohol dependence
16 and above	High level of alcohol use and dependence problems

Source: Babor et al. 2001. Available at http://whqlibdoc.who.int/hq/2001/WHO_MSD_MSB_01.6a.pdf