

Alcohol Use Disorders Identification Test (AUDIT)

Early detection & counseling of problem drinking. *The Canadian Guide to Clinical Preventative Health Care*. Chap 42, (488-498). Health Canada (1994). Reproduced with the permission of the Minister of Public Works and Government Services Canada, 2005.

1. How often do you have a drink containing alcohol?

- Never (0)
- Monthly or less (1)
- Two to four times a month (2)
- Two to three times a week (3)
- Four or more times a week (4)

2. How many drinks containing alcohol do you have on a typical day when you are drinking?

- 1 or 2 (0)
- 3 or 4 (1)
- 5 or 6 (2)
- 7 to 9 (3)
- 10 or more (4)

3. How often do you have six or more drinks on one occasion?

- Never (0)
- Monthly or less (1)
- Two to four times a month (2)
- Two to three times a week (3)
- Four or more times a week (4)

4. How often during the last year have you found that you were not able to stop drinking once you started?

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

Nursing Best Practice Guideline

5. How often during the last year have you failed to do what was normally expected from you because of drinking?

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

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?

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

7. How often during the last year have you had a feeling of guilt or remorse after drinking?

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

8. How often during the last year have you been unable to remember what happened the night before because you had been drinking?

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

9. Have you or someone else been injured as a result of your drinking?

- No (0)
- Yes, but not in the last year (2)
- Yes, during the last year (4)

10. Has a relative or friend, or a doctor, or another health worker been concerned about your drinking, or suggested you cut down?

- No (0)
- Yes, but not in the last year (2)
- Yes, during the last year (4)

Scoring: The number for each response is the number of points. Answers for each question range from 0 to 4. There is no set cut-off point indicating harmful use. A score of 2 or more indicates some level of harmful use. The particular score that warrants a further evaluation depends in part on the situation, e.g., a score of 3 for someone who is scheduled for surgery would clearly warrant further evaluation, although this might not be as critical for the healthy individual who is seen during a routine physical exam. However, client education/harm reduction efforts are indicated for anyone who scores over a 1.