

Alcohol Use Disorders Identification Test (AUDIT)

Questions	SCORING SYSTEM					Your Score
	0	1	2	3	4	
1. How often do you have a drink containing alcohol?	Never	Monthly or less	2-4 times per month	2-3 times per week	4 times or more per week	
2. How many units of alcohol do you drink on a typical day when you are drinking? <i>See page 2 for unit guidance</i>	0 to 2	3 to 4	5 to 6	7 to 9	10 or more	
3. How often have you had 6 or more units (if female) or 8 or more (if male), on a single occasion in the last year? <i>See page 2 for unit guidance</i>	Never	Less than monthly	Monthly	Weekly	Daily or almost daily	
4. How often during the last year have you found that you were not able 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 from you because of your drinking?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily	
6. How often during the last year have you needed an alcoholic 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 during 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 somebody else been injured as a result of your drinking?	No		Yes, but not in the last year		Yes, during the last year	
10. Has a relative or friend, doctor or other health worker been concerned about your drinking or suggested that you cut down?	No		Yes, but not in the last year		Yes, during the last year	

YOUR TOTAL AUDIT SCORE

Please see page 2 to find out more about your score

Scoring

- 0 to 7 indicates **low risk**
- 8 to 15 indicates **increasing risk**
- 16 to 19 indicates **higher risk**
- 20 or more indicates **possible dependence**

If your score is **8 or above**, it may be worth getting in touch with us on the details below to find out more about what the health risks are around your drinking and also to get advice and support.

Subwize

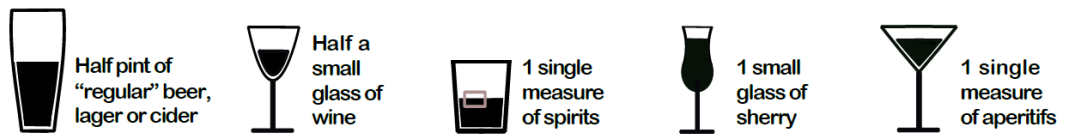
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Alcohol unit reference

One unit of alcohol



Drinks more than a single unit

