**AUDIT Tool**

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| --- | --- | --- | --- | --- | --- | --- |
| **Questions** | **Scoring system** | | | | | **Your score** |
| **0** | **1** | **2** | **3** | **4** |
| 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 per week |  |
| How many units of alcohol do you drink on a typical day when you are drinking? | 1 -2 | 3 - 4 | 5 - 6 | 7 - 9 | 10+ |  |
| How often have you had 6 or more units (f) or 8 or more units (m) on a single occasion in the last year? | Never | Less than monthly | Monthly | Weekly | Daily or almost daily |  |
| 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 |  |
| 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 |  |
| 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 |  |
| 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 |  |
| 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 |  |
| 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 |  |
| 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 |  |

Total

The questions can be broken down into three domains:

Questions 1-3 These focus on levels and frequency of drinking and help to determine **hazardous** (increasing risk) use. Individuals are most likely to score points on these questions.

Questions 4 – 6 These questions look at **dependent** drinking and individuals tend to only score on these questions if they are also scoring on questions 1 – 3 and 7 – 10.

Questions 7 – 10 The final questions look at **harmful** (high risk) drinking and individuals may score points here if they are also scoring on the first 3 questions

The AUDIT screening tool was developed by the World Health Organisation and has been rigorously evaluated. **AUDIT is easy to score: you simply add up the total number of points**

Give simple feedback and praise

**Score 0-7**

Low/no risk

A

U

D

I

T

Deliver simple brief advice – FRAMES

Check progress at later date, if appropriate. Does client want further support? ⇒ refer to services for extended brief intervention

**Score 8-15**

Hazardous

**Score 16-19**

Harmful

Possible alcohol dependence.

Does client want support? ⇒ refer to specialist services for assessment and treatment. Check progress if appropriate

**Score 20-40**

Possible dependence

|  |
| --- |
| **Low Risk Drinkers:** This indicates that the person is drinking within government low-risk guidelines. However, low risk drinkers could identify that their partner falls into one of the other categories and they may benefit from support as a couple. |
| **Hazardous Risk Drinkers:** This applies to anyone drinking over the recommended limits but without alcohol-related problems. This group is at increased risk of harm even though some may not exceed the low risk weekly level. They will not usually be seeking treatment for an alcohol problem, although some may realise their drinking is putting them at risk. |
| **Harmful Drinkers:** This category applies to people drinking over medically recommended levels, probably at somewhat higher levels than increased risk drinking. However, unlike increased risk drinkers, they will show clear evidence of alcohol-related problems but often without this having resulted in their seeking treatment. The problems detected at this stage may be acute, such as an alcohol-related accident or acute alcohol poisoning. Problems may also be of a chronic nature – e.g. hypertension. If they have any parental responsibility, their children are at higher risk of being affected by this level of drinking |
| **Dependent drinkers:** This category refers to drinking associated with an established dependence on alcohol. This is often accompanied by physical and/or social alcohol-related problems. Still, they may not present to specialist alcohol services for help. Their partners and children are likely to experience harm as a result of this level of drinking. |

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