

AUDIT Alcohol Use Screening Tool

Place the number, 0-4, that corresponds with your answer in the box on the right.

	0	1	2	3	4	Answer
1. How often do you have a drink containing alcohol?	Never	Monthly or less	2-4 times a month	2-3 times a week	4 or more times a week	
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 to 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	
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 of you because of drinking?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily	
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	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 of your drinking?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily	
9. Have you or someone else been injured because of your drinking?	No		Yes, but not in the last year		Yes, during the last year	
10. Has a relative, friend, doctor, or other health care worker been concerned about your drinking or suggested you cut down?	No		Yes, but not in the last year		Yes, during the last year	
					Total	

Scoring:

Questions 1-8 are worth 0-4 points. Questions 9 and 10 are worth 0, 2, or 4 points. Add the points in the 'Answer' column together and record where it says 'Total'.

Score Interpretation

20 + points	Hazardous usage: Help is required
16-19 points	Hazardous usage: Help is strongly recommended
8-15 points	Exceeding safe-use guidelines: learn how to cut down
0-7 points	Fairly normal usage

This test is a screening instrument only - it does not yield a diagnosis. Only a local health professional can make a proper diagnosis. NOTE: If you suspect that you have a drinking or drug problem you should seek help for that problem from a local health professional regardless of how you score on this screening test.

Call Compass Mark at (717) 299-2831 for confidential Information & Referral services.