


AUDIT Alcohol Screening Tool

The AUDIT (Alcohol Use Disorders Identification Test) is an effective and reliable screening tool for detecting risky and harmful drinking patterns¹.

INSTRUCTIONS: by completing the following questions in the AUDIT Alcohol Screen you will be able to assess whether your drinking is putting you at risk of alcohol-related harm:

1. Answer the following questions about your alcohol use during the **past 12 months**.
2. 'Circle' one box that best describes your answer to each question. Answer as accurately as you can.
3. When you have completed the questions SCORE them and put your total score in the box. Thank you.

Questions	0	1	2	3	4	Score
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+ 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 standard 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 drink first thing 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 healthcare worker been concerned about your drinking or suggested you cut down?	No		Yes, but not in the last year		Yes, during the last year	
To SCORE: 1. Questions 1 – 8 are scored as 0, 1, 2, 3 or 4 2. Questions 9 and 10 are scored as 0, 2 or 4 only 3. Add all scores from each question to calculate total AUDIT score					Total 	

The Alcohol Use Disorders Identification Test (AUDIT) World Health Organisation (WHO) has been adapted by the Mental Health Commission, 2018.

1. Thomas F Babor, John C. Higgins-Biddle, John B. Saunders, and Maristela G. Monteiro (2001) AUDIT: The Alcohol Use Disorders Identification Test Guidelines for Use in Primary Care. Second Edition.

Note for Health or Allied Health Professional use:

Use the following as a guide in giving feedback to a patient/client about their score.

Remember: Ask permission to give feedback first and use a friendly and non-judgmental approach.

AUDIT Total Score	Risk Level	ALCOHOL: Guide for Intervention & Feedback
0		<ul style="list-style-type: none"> Provide positive reinforcement and offer relevant literature (may be helpful to others)
1-7	Low risk	<p>Discuss AUDIT score</p> <ul style="list-style-type: none"> Discuss benefits of low-risk drinking: <ul style="list-style-type: none"> No more than 2 standard drinks per day No more than 4 standard drinks on a single occasion Aim for at least 2 alcohol free days per week If you are pregnant or breastfeeding NO alcohol is the safest option Offer 'Alcohol & my health' resource
8-12	Risky	<p>Discuss AUDIT score</p> <p>If client is interested discuss:</p> <ul style="list-style-type: none"> Harms associated with moderate risk alcohol consumption Tips and benefits for reducing alcohol consumption include: <ul style="list-style-type: none"> No more than 2 standards drinks per day No more than 4 standard drinks on a single occasion Aim for at least 2 alcohol free days per week If you are pregnant or breastfeeding NO alcohol is the safest option Follow-up and referral and or offer alcohol resource
13+	High risk	<p>Discuss AUDIT score</p> <p>If client is interested discuss:</p> <ul style="list-style-type: none"> Harms associated with high-risk alcohol consumption Tips and benefits for reducing alcohol consumption (see above) Caution: If the score is 13 or over advise client to seek medical advice before they make any changes to their alcohol consumption. This is due to the risk of medical complications such as seizure and death from alcohol withdrawal in people who are dependent on alcohol. <p>Further medical assessment is recommended (see A Brief Guide to the Assessment and Treatment of Alcohol Dependence, MHC, 2018)</p> <ul style="list-style-type: none"> Follow-up and referral and/or offer alcohol resource Recommended referral to: GP or contact the Alcohol & Drug Support Line for support and services in your area.

Alcohol and Drug Support Line can provide:

- Telephone counselling and support
- Referral to local alcohol and other drug treatment services
- Support and advice for health professionals

Call (08) **9442 5000** or **1800 198 024** (country callers) or visit www.alcoholdrugsupport.mhc.wa.gov.au for more information.

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