

COOK INLET COUNSELING

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AUDIT

The Alcohol Use Disorders Identification Test (AUDIT), developed in 1982 by the World Health Organization, is a simple way to screen and identify people at risk of alcohol problems.

- 1. How often do you have a drink containing alcohol?**
 - (0) Never (Skip to Question 9-10)
 - (1) Monthly or less
 - (2) 2 to 4 times a month
 - (3) 2 to 3 times a week
 - (4) 4 or more times a week
- 2. How many drinks containing alcohol do you have on a typical day when you are drinking?**
 - (0) 1 or 2
 - (1) 3 or 4
 - (2) 5 or 6
 - (3) 7,8, or 9
 - (4) 10 or more
- 3. How often do you have six or more drinks on one occasion?**
 - (0) Never
 - (1) Less than monthly
 - (2) Monthly
 - (3) Weekly
 - (4) 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?**
 - (0) Never
 - (1) Less than monthly
 - (2) Monthly
 - (3) Weekly
 - (4) Daily or almost daily
- 5. How often during the last year have you failed to do what was normally expected from you because of drinking?**
 - (0) Never
 - (1) Less than monthly
 - (2) Monthly
 - (3) Weekly
 - (4) Daily or almost daily
- 6. How often during the last year have you been unable to remember what happened the night before because you had been drinking?**
 - (0) Never
 - (1) Less than monthly
 - (2) Monthly
 - (3) Weekly
 - (4) Daily or almost daily
- 7. How often during the last year have you needed an alcoholic drink first thing in the morning to get yourself going after a night of heavy drinking?**
 - (0) Never
 - (1) Less than monthly
 - (2) Monthly
 - (3) Weekly
 - (4) Daily or almost daily
- 8. How often during the last year have you had a feeling of guilt or remorse after drinking?**
 - (0) Never
 - (1) Less than monthly
 - (2) Monthly
 - (3) Weekly
 - (4) Daily or almost daily
- 9. Have you or someone else been injured as a result of your drinking?**
 - (0) No
 - (2) Yes, but not in the last year.
 - (4) Yes, during the last year.
- 10. Has a relative, friend, doctor, or another health professional expressed concern about your drinking or suggested you cut down?**
 - (0) No
 - (2) Yes, but not in the last year.
 - (4) Yes, during the last year.

Add up the points associated with answers. A total score of 8 or more indicates harmful drinking behavior.