

AUDIT (U.S.): Alcohol Use Disorders Identification Test

Instructions: Alcohol can affect your health, medications, and treatments, so we ask patients the following questions. Your answers will remain confidential. Place an X in one box to answer each question. Think about your drinking **in the past year**. A drink = one beer, one small glass of wine (5 oz.), or one mixed drink that contains one shot (1.5 oz.) of spirits.

Questions	0	1	2	3	4	5	6	Score
1. How often do you have a drink containing alcohol?	Never	Less than monthly	Monthly	Weekly	2-3 times a week	4-6 times a week	Daily	
2. How many drinks containing alcohol do you have on a typical day when you are drinking?	1	2	3	4	5-6	7-9	10 or more	
3. How often do you have X or more drinks on one occasion? (5 for men under age 65; 4 men aged 65 or older and all women)	Never	Less than monthly	Monthly	Weekly	2-3 times a week	4-6 times a week	Daily	
								TOTAL AUDIT 1-3
4. How often during the last year have you found that you were not able to stop drinking once you 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*

*Include the AUDIT 1-3 score in the overall AUDIT score.

AUDIT 1-3 (U.S.): Use, Scoring and Interpretation

A short, easy to administer screening process using the first three questions of the AUDIT modified for the U.S. standard drink, the AUDIT 1-3 measures patients' weekly consumption and occasions of excessive drinking.

Use: The instrument can be included in an intake or health behavior questionnaire to identify excessive drinking. It is best administered on paper or electronically. Patients who score above the threshold described below should then receive the remaining questions of the AUDIT (U.S.) to determine level of risk and any signs of dependence.

Scoring/Cutoffs: Score each response and add all rows to obtain the total score. Positive scores:

≥ 7 = females and males over age 65

≥ 8 = males under age 65

AUDIT (U.S.): Scoring and Interpretation

Developed by the World Health Organization, the AUDIT asks questions about alcohol consumption during the past year, symptoms of alcohol dependence, and alcohol-related problems.

Use: The instrument can be administered in 2-3 minutes by patients using paper or a computer, and has been validated for use for individuals age 12 and above. The AUDIT (U.S.) is not recommended as an initial screening instrument but as a follow-up for positive results on either the Single Question Alcohol Screen or the AUDIT 1-3 (U.S.).

Scoring: The total AUDIT (U.S.) score provides guidance for the intervention. The higher the score, the more severe the patient's drinking-related risk is likely to be. As of 2001, the WHO authors suggest the following services for patients with different ranges of scores. Clinical judgement may be used in deviating from these guidelines.

Score	Zone		Action
0-7	I Low Risk	Abstainer, or drinking below guidelines	Positive reinforcement & alcohol education
8-15	II At Risk	May be drinking in excess of guidelines	Brief intervention and alcohol education
16-19	III High Risk	May be drinking above guidelines and experienced alcohol-related harm	Brief intervention & continued monitoring or follow up
20-40	IV Possible Alcohol Use Disorder	May need specialized assessment or treatment	Brief intervention & referral to specialist for diagnostic evaluation and treatment

Source: Centers for Disease Control and Prevention. *Planning and Implementing Screening and Brief Intervention for Risky Alcohol Use: A Step-by-Step Guide for Primary Care Practices*. Atlanta, Georgia: Centers for Disease Control and Prevention, National Center on Birth Defects and Developmental Disabilities, 2014.