

酒精筛查问卷 (AUDIT – Chinese)

饮酒会影响您的健康以及您所服用的某些药物。请通过回答以下问题帮助我们为您提供最佳医疗保健：

一杯酒相当于：



12 盎司
啤酒



5 盎司
葡萄酒



1.5 盎司
烈性酒
(一次使用)

1. 您多长时间喝一次含有酒精的饮料？	从不	每月不超过一次	每月 2-4 次	每周 2-3 次	每周 4 次以上
2. 当您喝东西时一般每天喝多少杯含酒精的饮料？	0 - 2 杯	3 或 4 杯	5 或 6 杯	7-9 杯	10 杯以上
3. 您多长时间一次饮四杯以上？	从不	每月不到一次	每月一次	每周一次	每天或几乎每天一次
4. 在过去一年里您发现您多长时间一次一旦喝起酒就停不下来？	从不	每月不到一次	每月一次	每周一次	每天或几乎每天一次
5. 在过去一年里您多长时间一次本来需要做的事情由于饮酒而没有做？	从不	每月不到一次	每月一次	每周一次	每天或几乎每天一次
6. 在过去一年里您多长时间一次早晨本来只需要喝一杯结果喝得酩酊大醉？	从不	每月不到一次	每月一次	每周一次	每天或几乎每天一次
7. 在过去一年里您多长时间一次饮酒之后感到内疚或自责？	从不	每月不到一次	每月一次	每周一次	每天或几乎每天一次
8. 在过去一年里您多长时间一次由于饮酒而不能想起来前一天晚上发生的事情？	从不	每月不到一次	每月一次	每周一次	每天或几乎每天一次
9. 您或其他人是否有过因您饮酒而导致受伤的情况？	否		是，但不是过去一年里		是，就在过去一年里
10. 是否有亲戚、朋友、医生或其他医疗保健人员担心过您的饮酒或建议您减少饮酒？	否		是，但不是过去一年里		是，就在过去一年里

0

1

2

3

4

您是否曾经因饮酒问题而接受过治疗？ 从不 目前 过去一年里

I II III IV

M: 0-4 5-14 15-19 20+

W: 0-3 4-12 13-19 20+

(For the health professional)

Scoring and interpreting the AUDIT:

Each answer receives a point ranging from 0 to 4. Points are added for a total score that correlates with a zone of use that can be circled on the bottom left corner of the page.

Score*	Suggested zone	Indicated action
0-3: Women 0-4: Men	I – Low risk Low risk of health problems related to alcohol use.	Brief education
4-12: Women 5-14: Men	II - Risky Increased risk of health problems related to alcohol use.	Brief intervention
13-19: Women 15-19: Men	III - Harmful Increased risk of health problems related to alcohol use and a possible mild or moderate alcohol use disorder.	Brief intervention (offer options that include treatment)
20+: Men 20+: Women	IV – Severe Increased risk of health problems related to alcohol use and a possible moderate or severe alcohol use disorder.	

Brief education: Inform patients about low-risk consumption levels and the risks of excessive alcohol use.

Brief intervention: Patient-centered discussion that employs Motivational Interviewing concepts to raise an patient’s awareness of their substance use and enhances their motivation to change their use. Brief interventions are typically performed in 3-15 minutes, and should occur in the same session as the initial screening. Repeated sessions are more effective than a one-time intervention.

If a patient is ready to accept treatment, a referral is a proactive process that facilitates access to specialized care for individuals likely experiencing a substance use disorder. These patients are referred to alcohol and drug treatment experts for more definitive, in-depth assessment and, if warranted, treatment. However, treatment also includes prescribing medications for substance use disorder as part of the patient’s normal primary care.

More resources: www.sbirtoregon.org

* Johnson J, Lee A, Vinson D, Seale P. “Use of AUDIT-Based Measures to Identify Unhealthy Alcohol Use and Alcohol Dependence in Primary Care: A Validation Study.” *Alcohol Clin Exp Res*, Vol 37, No S1, 2013: pp E253–E259