

Alcohol screening questionnaire (AUDIT)

Our clinic asks all patients about alcohol use at least once a year. Drinking alcohol can affect your health and some medications you may take. Please help us provide you with the best medical care by answering the questions below.

One drink equals:



12 oz.
beer



5 oz.
wine



1.5 oz.
liquor
(one shot)

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?	0 - 2	3 or 4	5 or 6	7 - 9	10 or more
3. How often do you have four 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, in 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, in the last year

0 1 2 3 4

Have you ever been in treatment for alcohol use? Never Currently In the past

I	II	III	IV
M: 0-4	5-14	15-19	20+
W, GM, ≥65: 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.

Note: Question #3 on this AUDIT asks about four or more drinks, reflecting the U.S. definition of a standardized drink.

Note: many factors are involved in determining how much alcohol impacts an individual's health. Determining the category of risk should be influenced by clinician judgment. The cut-off scores below are informed by validation studies, real-world experience of implementing the AUDIT into multiple primary care settings, and a gender-inclusive approach to patient care. However, they are offered for guidance only - clinics may choose different cut-off scores.

AUDIT score			
Women, gender minorities, all age ≥65	Men age <65	Category of risk	Indicated action
0 - 3	0 - 4	I – Low risk Low risk of health problems related to alcohol use.	Brief education
4 - 12	5 - 14	II - Risky Increased risk of health problems related to alcohol use.	Brief intervention
13 - 19	15 - 19	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 medications and referral to treatment)
20+	20+	IV – Severe Increased risk of health problems related to alcohol use and a possible moderate or severe alcohol use disorder.	

Brief education: Informing patients about low-risk consumption levels and the morbidity associated with risky alcohol use.

Brief intervention: Patient-centered discussion that employs Motivational Interviewing principles to raise a patient's awareness of their substance use and enhance their motivation to reduce harm from 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.sbirthoregon.org

Citations:

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

Flentje A, Barger BT, Capriotti MR, Lubensky ME, Tierney M, Obedin-Maliver J, et al. "Screening Gender Minority People for Harmful Alcohol Use." *PLoS ONE*. 15(4). 2020.

Thomas F. Babor, John C. Higgins-Biddle, John B. Saunders, Maristela G. Monteiro. *The Alcohol Use Disorders Identification Test Guidelines for Use in Primary Care*. 2nd Edition. World Health Organization. Department of Mental Health and Substance Dependence. 2001