Identification Test: Self-Report Version

The Alcohol Use Disorders Identification Test (AUDIT) is a self-report questionnaire designed to assess the risk of alcohol problems. It consists of 10 questions that ask about the frequency of drinking and the consequences of drinking. The tool is widely used in general practice to screen for alcohol misuse.

1. Standard drink =
   - 12 fl oz (355 ml) OR
   - 1 oz (30 ml) of 80-proof liquor OR
   - 4 oz (118 ml) of wine OR
   - 6 oz (177 ml) of beer

2. In the last 12 months, how often have you had a drink containing alcohol at any time during the day or evening that made you feel drunk (i.e., not sober)?
   - [ ] Never
   - [ ] Once or twice
   - [ ] 3 or 4 times
   - [ ] 5 or 6 times
   - [ ] More than 6 times

3. In the last 12 months, how often have you had more than one drink on the same occasion on at least 5 days? (An occasion is a gathering or social event where alcohol is served or consumed)
   - [ ] Never
   - [ ] Once or twice
   - [ ] 3 or 4 times
   - [ ] 5 or more times

4. In the last 12 months, how often have you had 5 or more drinks (for men) or 4 or more drinks (for women) on the same occasion on at least 5 days? (An occasion is a gathering or social event where alcohol is served or consumed)
   - [ ] Never
   - [ ] Once or twice
   - [ ] 3 or 4 times
   - [ ] 5 or more times

5. In the last 12 months, how often have you used alcohol in the last 12 months to help you cope with problems in your life, such as stress or depression, or to feel better about yourself?
   - [ ] Never
   - [ ] Once or twice
   - [ ] 3 or 4 times
   - [ ] 5 or more times

6. In the last 12 months, how often have you used alcohol in the last 12 months to get drunk (i.e., not sober)?
   - [ ] Never
   - [ ] Once or twice
   - [ ] 3 or 4 times
   - [ ] 5 or more times

7. In the last 12 months, how often have you used alcohol in the last 12 months to feel relaxed, bridge a gap, or avoid problems (e.g., family or work problems)?
   - [ ] Never
   - [ ] Once or twice
   - [ ] 3 or 4 times
   - [ ] 5 or more times

8. In the last 12 months, how often have you used alcohol in the last 12 months to have fun?
   - [ ] Never
   - [ ] Once or twice
   - [ ] 3 or 4 times
   - [ ] 5 or more times

9. In the last 12 months, how often have you used alcohol in the last 12 months to feel more energetic?
   - [ ] Never
   - [ ] Once or twice
   - [ ] 3 or 4 times
   - [ ] 5 or more times

10. In the last 12 months, how often have you used alcohol in the last 12 months to feel less anxious or less depressed?
    - [ ] Never
    - [ ] Once or twice
    - [ ] 3 or 4 times
    - [ ] 5 or more times

Scoring:
- 0-7: Low risk
- 8-15: Moderate risk
- 16-19: Harmful use
- 20 or more: Severe risk