

I Want to Change My Life

Mental Health Information for Individuals, Families and Professionals

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Alcohol Abuse and Alcoholism Test – AUDIT Screen

The definition of one drink = one can of beer (12 oz approx 330 ml 5% alcohol) = one glass of wine (5 oz approx 140 ml 12% alcohol) = one shot of liquor (1.5 oz approx 40 ml 40% alcohol).

	0	1	2	3	4
1. How often do you have a drink containing alcohol?	Never	Monthly or less	2-4 times/month	2-3 times/week	4 or more times a week
2. How many alcoholic drinks 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 6 or more drinks on one occasion?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily
4. How often during the past year have you drunk more or for a longer time than you intended?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily
5. How often during the past year have you failed to do what was normally expected of you because of your drinking?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily

6. How often during the past year have you had a 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 past year have you felt guilty or remorseful after drinking?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily
8. How often during the past 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 anyone else been injured as a result of your drinking?	No		Yes, but not in the past year		Yes, during the past year
10. Has a relative, friend, or health professional been concerned about your drinking, or suggested that you cut down?	No		Yes, but not in the past year		Yes, during the past year

Your Score:

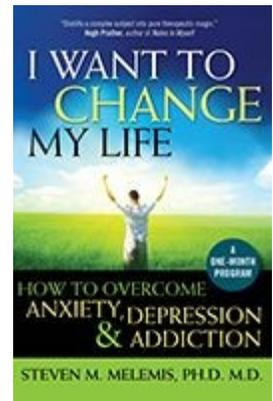
If you scored 8 or more, you are probably alcohol dependent. The test correctly classifies 95% of people. It may seem that the AUDIT questionnaire is an easy test to fail. If you applied this test to other aspects of your life you will almost certainly score as being addicted to something. For example, most people watch too much television, or eat too much of their favorite food. But those are so-called "soft addictions", and the AUDIT questionnaire was not designed to assess those.

No single test is completely accurate. You should always consult your physician when making decisions about your health.

[Learn More](#)

Reference

Babor, T.F., Higgins-Biddle, J.C., Saunders, J.B., & Monteiro, M.G., *AUDIT: The Alcohol Use Disorders Identification Test. Guidelines for Use in Primary Care. World Health Organization, Department of Mental Health and Substance Dependence.*
http://whqlibdoc.who.int/hq/2001/WHO_MSD_MSB_01.6a.pdf.



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Reference: "I Want to Change My Life" by Dr. S. Melemis.
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