

AUDIT (Alcohol Use Disorders Identification Test)

The AUDIT questionnaire was developed and is recommended by WHO.
The given points of each question are added to the total points.

The AUDIT-Questionnaire for your Self-Check

(1 glass of alcohol equals 2 dl of beer or 1,5 dl of wine or 2 cl of spirits)

Points for evaluation:	0	1	2	3	4	Your Points
1. How often do you have a drink containing alcohol?	Never	Monthly or less	2 to 4 times a Month	2 to 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?	1 - 2	3 - 4	5 - 6	7 - 9	10 or more	
3. How often do you have six or more drinks on one occasion? (Partys)	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 from 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 you had been drinking?	Never	less than Monthly	Monthly	Weekly	Daily or almost daily	
9. Have you or someone else been injured as a result of your drinking?	no		yes, but not in the last year		yes, during the last year	
10. Has a relative or friend or a doctor or another health worker been concerned about your drinking or suggested you cut down?	no		yes, but not in the last year		yes, during the last year	

Your total score: _____

The minimum score is 0, the maximum 40. A score of 8 or more indicates dangerous and harmful alcohol consumption. For women and over-65s it is recommended to set the threshold at 7 points.

This self-test serves as a first rough assessment of your own drinking habits.

If you reach 8 or more points, you are at risk, have a risky drinking behavior or are addicted!

In this case, it makes sense to seek individual solutions.

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