



## **Alcohol Use Disorders Identification Test (AUDIT)<sup>1</sup>**

The AUDIT screens individuals for problematic alcohol consumption and abuse/dependence. The screening consists of ten questions related to drinking habits, attitudes towards drinking, and consequences of drinking behaviors over the past twelve months.

### Screening Questions:

The first two questions ask how often individuals consume alcohol and how much alcohol they consume when they drink.

The third question determines how frequently individuals meet the criteria for a binge drinking episode (note that criteria is dependent on gender due to differing rates of the metabolism of alcohol).

The next five questions ask about the frequency of negative consequences related to drinking behaviors. These questions can be answered:

- Never
- Less than monthly
- Monthly
- Weekly
- Daily or almost daily

The final two questions ask if the individuals or others have been injured as a result of their drinking and whether someone else has expressed concern about their drinking.

These questions can be answered:

- No
- Yes, but not in the past year
- Yes, during the past year

Scoring assigns a numerical value to each answer. Absence of drinking behaviors and negative consequences correspond to a lower score on the question (min = 0). Greater alcohol consumption and more frequent negative consequences correspond to a higher score on the question (max = 4). Scores to each question are tallied for interpretation.

### Interpretation:

0–7: Low risk

8–18: Individual may already be experiencing health consequences as a result of drinking

19–40: Score indicates possible alcohol dependence or abuse

<sup>1</sup> *The Alcohol Use Disorder Identification Test was developed in 1982 by the World Health Organization.*

Allen, J. P., Litten, R. Z., Fertig, J. B. and Babor, T. (1997), A Review of Research on the Alcohol Use Disorders Identification Test (AUDIT). *Alcoholism: Clinical and Experimental Research*, 21: 613–619.