

Name:

Date: \_\_\_/\_\_\_/\_\_\_

Audit C

Questions	Scoring system					Your score
	0	1	2	3	4	
How often do you have a drink containing alcohol?	Never	Monthly or less	2 - 4 times per month	2 - 3 times per week	4+ times per week	
How many units of alcohol do you drink on a typical day when you are drinking?	1 - 2	3 - 4	5 - 6	7 - 9	10+	
How often have you had 6 or more units if female, or 8 or more if male, on a single occasion in the last year?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily	

**Score from AUDIT C:**

4 or less indicates lower risk drinking  
 5 or more - carry AUDIT C score forward and continue with the remaining AUDIT questions

**SCORE**

Remaining AUDIT questions

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	
How often during the last year have you failed to do what was normally expected from you because of your drinking?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily	
How often during the last year have you needed an alcoholic drink in the morning to get yourself going after a heavy drinking session?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily	
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	
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	
Have you or somebody else been injured as a result of your drinking?	No		Yes, but not in the last year		Yes, during the last year	
Has a relative or friend, doctor or other health worker been concerned about your drinking or suggested that you cut down?	No		Yes, but not in the last year		Yes, during the last year	

**AUDIT C + Remaining AUDIT questions**

**Scoring:**

0 – 7 Lower risk, 8 – 15 Increasing risk,  
 16 – 19 Higher risk, 20+ Possible dependence

**SCORE**

## Practitioner Guidance Notes

This is the Alcohol Use Disorders Identification Test developed and endorsed by the World Health Organisation. It is one of the most popular and accurate alcohol screening tools to help you identify the drinking pattern of the young person.

This tool is validated to use with young people aged 15 years and over.

The young person can complete the AUDIT tool on their own or with a worker.

The advantage of going through it with the young person is you can check their understanding and raise awareness around units and create an alliance by asking the questions and being there with them.

Be careful of how you ask the questions on AUDIT as they can sound blaming or judgemental. You may want to explain to the young person that this is just the way they are written on the form and that if you are coming across in that way you apologise and reassure them this is about identifying their drinking pattern.

Is it important they tell the truth? Not everyone who answers AUDIT will be truthful. This may not be a concern as the person will be able to work out on reflection for themselves that if they had been truthful their score and therefore their drinking pattern would be different – it is this awareness that is important.

## How to use AUDIT

Go through AUDIT C first.

- If they score 4 or below there is no need to continue with the rest of the AUDIT tool as they have a lower risk drinking pattern.
- If they score 5 or more you can continue with the rest of AUDIT.

Refer to your SDAP step by step guide on how to deliver alcohol brief interventions

- Reassure and affirm their presence and the value of screening
- Explain and about confidentiality and record keeping
- Let them know how long it will take.
- When you give them the AUDIT result, always check with them how the information has been received :
  - How do you feel about that?
  - Your score shows you have a drinking pattern of xxx risk. What do you think about that? Do you have any thoughts about this?
  - Would you like to talk more about your drinking?

*This Alcohol Use Disorders Identification Test (AUDIT) was originally developed by the World Health Organization in 1992 as a simple way to screen and identify people who are at risk of developing alcohol problems.*

*Unlike some alcohol screening tests, the AUDIT has proven to be accurate across all ethnic and gender groups.*