

# AUDIT: Alcohol Use Disorders Identification Test

The Alcohol Use Disorders Identification Test (AUDIT) is a 10-item screening tool developed by the World Health Organization (WHO) to assess alcohol consumption, drinking behaviors, and alcohol-related problems. Both a clinician-administered version and a self-report version of the AUDIT are provided. Patients should be encouraged to answer the AUDIT questions in terms of standard drinks. A chart illustrating the approximate number of standard drinks in different alcohol beverages is included for reference. A score of 8 or more is considered to indicate hazardous or harmful alcohol use. The AUDIT has been validated across genders and in a wide range of racial/ethnic groups and is well-suited for use in primary care settings.

# Introduction to the AUDIT

The Alcohol Use Disorders Identification Test (AUDIT) is a 10-item screening tool developed by the World Health Organization (WHO) to assess alcohol consumption, drinking behaviors, and alcohol-related problems. Both a clinician-administered version (page 1) and a self-report version of the AUDIT (page 2) are provided. Patients should be encouraged to answer the AUDIT questions in terms of standard drinks. A chart illustrating the approximate number of standard drinks in different alcohol beverages is included for reference. A score of 8 or more is considered to indicate hazardous or harmful alcohol use. The AUDIT has been validated across genders and in a wide range of racial/ethnic groups and is well-suited for use in primary care settings. Detailed guidelines about use of the AUDIT have been published by the WHO and are available online: [http://whqlibdoc.who.int/hq/2001/who\\_msd\\_msb\\_01.6a.pdf](http://whqlibdoc.who.int/hq/2001/who_msd_msb_01.6a.pdf)

# The Alcohol Use Disorders Identification Test: Interview Version

Read questions as written. Record answers carefully. Begin the AUDIT by saying "Now I am going to ask you some questions about your use of alcoholic beverages during this past year." Explain what is meant by "alcoholic beverages" by using local examples of beer, wine, vodka, etc. Code answers in terms of "standard drinks". Place the correct answer number in the box at the right.

<div>1. How often do you have a drink containing alcohol? (0) Never [Skip to Qs 9-10] (1) Monthly or less (2) 2 to 4 times a month (3) 2 to 3 times a week (4) 4 or more times a week</div>	<div>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? (0) Never (1) Less than monthly (2) Monthly (3) Weekly (4) Daily or almost daily</div>
<div>2. How many drinks containing alcohol do you have on a typical day when you are drinking? (0) 1 or 2 (1) 3 or 4 (2) 5 or 6 (3) 7, 8, or 9 (4) 10 or more</div>	<div>7. How often during the last year have you had a feeling of guilt or remorse after drinking? (0) Never (1) Less than monthly (2) Monthly (3) Weekly (4) Daily or almost daily</div>
<div>3. How often do you have six or more drinks on one occasion? (0) Never (1) Less than monthly (2) Monthly (3) Weekly (4) Daily or almost daily Skip to Questions 9 and 10 if Total Score for Questions 2 and 3 = 0</div>	<div>8. How often during the last year have you been unable to remember what happened the night before because you had been drinking? (0) Never (1) Less than monthly (2) Monthly (3) Weekly (4) Daily or almost daily</div>
<div>4. How often during the last year have you found that you were not able to stop drinking once you had started? (0) Never (1) Less than monthly (2) Monthly (3) Weekly (4) Daily or almost daily</div>	<div>9. Have you or someone else been injured as a result of your drinking? (0) No (2) Yes, but not in the last year (4) Yes, during the last year</div>
<div>5. How often during the last year have you failed to do what was normally expected from you because of drinking? (0) Never (1) Less than monthly (2) Monthly (3) Weekly (4) Daily or almost daily</div>	<div>10. Has a relative or friend or a doctor or another health worker been concerned about your drinking or suggested you cut down? (0) No (2) Yes, but not in the last year (4) Yes, during the last year</div>
<div>Record total of specific items here If total is greater than recommended cut-off, consult User's Manual.</div>	

# The Alcohol Use Disorders Identification Test: Self-Report Version

PATIENT: Because alcohol use can affect your health and can interfere with certain medications and treatments, it is important that we ask some questions about your use of alcohol. Your answers will remain confidential so please be honest. Place an X in one box that best describes your answer to each question.

Questions	0	1	2	3	4
1. How often do you have a drink containing alcohol?	Never	Monthly or less	2-4 times a month	2-3 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 or 2	3 or 4	5 or 6	7 to 9	10 or more
3. How often do you have six or more drinks on one occasion?	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 of you because of drinking?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily

# Self-Report Version (Continued)

Questions	0	1	2	3	4
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 of your drinking?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily
9. Have you or someone else been injured because of your drinking?	No		Yes, but not in the last year		Yes, during the last year
10. Has a relative, friend, doctor, or other health care worker been concerned about your drinking or suggested you cut down?	No		Yes, but not in the last year		Yes, during the last year
					Total

# Standard Drink Equivalents – Beer and Malt Liquor

## BEER or COOLER

12 oz.

~5% alcohol



Approximate number of standard drinks in:

- 12 oz. = 1
- 16 oz. = 1.3
- 22 oz. = 2
- 40 oz. = 3.3

## MALT LIQUOR

8-9 oz.

~7% alcohol



Approximate number of standard drinks in:

- 12 oz. = 1.5
- 16 oz. = 2
- 22 oz. = 2.5
- 40 oz. = 4.5



# Standard Drink Equivalents – Wine and Spirits

## TABLE WINE

5 oz.

~12% alcohol



Approximate number of standard drinks in:

- a 750 mL (25 oz.) bottle = 5

## 80-proof SPIRITS (hard liquor)

1.5 oz.

~40% alcohol



Approximate number of standard drinks in:

- a mixed drink = 1 or more\*
- a pint (16 oz.) = 11
- a fifth (25 oz.) = 17
- 1.75 L (59 oz.) = 39

\*Note: Depending on factors such as the type of spirits and the recipe, one mixed drink can contain from one to three or more standard drinks.

# AUDIT Implementation and Resources

## Scoring and Interpretation

A score of 8 or more is considered to indicate hazardous or harmful alcohol use. If total is greater than recommended cut-off, consult User's Manual.

## Validation

The AUDIT has been validated across genders and in a wide range of racial/ethnic groups and is well-suited for use in primary care settings.

## Additional Resources

Detailed guidelines about use of the AUDIT have been published by the WHO and are available online:

[http://whqlibdoc.who.int/hq/2001/who\\_msd\\_msb\\_01.6a.pdf](http://whqlibdoc.who.int/hq/2001/who_msd_msb_01.6a.pdf)

For more information:


[http://pubs.niaaa.nih.gov/publications/Practitioner/pocketguide/pocket\\_guide2.htm](http://pubs.niaaa.nih.gov/publications/Practitioner/pocketguide/pocket_guide2.htm)








# Recommendations Based on AUDIT Score

The following recommendations provide guidance for intervention based on the total AUDIT score. Clinical judgment should always be exercised when implementing these recommendations.

 **Score 0–7: Low Risk**  
Education about alcohol use is appropriate. No specific intervention required beyond general health information and feedback on screening results.

 **Score 8–15: Hazardous or Harmful Drinking**  
Provide brief counseling focused on reducing hazardous drinking. Offer simple advice, educational materials, and goal-setting strategies. Consider brief intervention using motivational interviewing techniques.

 **Score 16–19: Harmful Use/Mild Alcohol Dependence**  
Provide brief counseling plus continued monitoring. Offer brief intervention with conscious goal setting and motivational approaches. Consider referral to specialized treatment for persistent high-risk drinking.

 **Score 20+: Severe Alcohol Use Disorder**  
Refer to specialist for diagnostic evaluation and treatment. This level likely indicates alcohol dependence requiring more intensive intervention, possibly including medically managed withdrawal and comprehensive treatment programs.

Document the score in the patient's medical record and schedule appropriate follow-up based on the risk level. Reassess using the AUDIT at appropriate intervals to monitor progress.

# References and Further Reading

Babor, T.F., Higgins-Biddle, J.C., Saunders, J.B., & Monteiro, M.G. (2001). *The Alcohol Use Disorders Identification Test: Guidelines for Use in Primary Care*. World Health Organization, Department of Mental Health and Substance Dependence.

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National Institute on Alcohol Abuse and Alcoholism. (2005). *Helping Patients Who Drink Too Much: A Clinician's Guide*. NIH Publication No. 07-3769. Bethesda, MD: National Institutes of Health.

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Bradley, K.A., Bush, K.R., Epler, A.J., Dobie, D.J., Davis, T.M., Sporleder, J.L., Maynard, C., Burman, M.L., & Kivlahan, D.R. (2003). Two brief alcohol-screening tests from the Alcohol Use Disorders Identification Test (AUDIT): Validation in a female Veterans Affairs patient population. *Archives of Internal Medicine*, 163(7), 821-829.

## Online Resources

- World Health Organization AUDIT Manual: [http://whqlibdoc.who.int/hq/2001/who\\_msd\\_msb\\_01.6a.pdf](http://whqlibdoc.who.int/hq/2001/who_msd_msb_01.6a.pdf)
- NIAAA Clinician's Guide: [http://pubs.niaaa.nih.gov/publications/Practitioner/pocketguide/pocket\\_guide2.htm](http://pubs.niaaa.nih.gov/publications/Practitioner/pocketguide/pocket_guide2.htm)
- SAMHSA's SBIRT Resources: <https://www.samhsa.gov/sbirt>