

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	
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	



Screening, Brief Intervention, & Referral to Treatment

I-LOW RISK/ABSTAIN
AUDIT:0-7 DAST:0

II - RISKY
AUDIT:8-15 DAST:1-2

III - HARMFUL
AUDIT:16-19 DAST:3-5

IV - DEPENDENT
AUDIT:20+ DAST:6+

Low-Risk Drinking Limits	Men 64 years & under	Women & Men 65+
On a Single Day	No more than 4 drinks on any day	No more than 3 drinks on any day
Per Week	No more than 14 drinks per week	No more than 7 drinks per week

What is a "standard" drink?

12 fl. oz. of regular beer	8-9 fl. oz. of malt liquor	5 fl. oz. of table wine	1.5 fl. oz. shot of 80 proof liquor/spirits
			