Alcohol Use Disorders Identification Test 3-item Version (AUDIT-C)

Name: ____________________ Date: ____________________

Circle the answer that is most relevant to you. Try to answer the questions in terms of ‘standard drinks’.

<table>
<thead>
<tr>
<th>Question</th>
<th>0</th>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. How often do you have a drink containing alcohol?</td>
<td>Never</td>
<td>Monthly or less</td>
<td>2-4 times a month</td>
<td>2-3 times a week</td>
<td>4+ times a week</td>
</tr>
<tr>
<td>2. How many standard drinks containing alcohol do you have on a typical day?</td>
<td>1-2</td>
<td>3-4</td>
<td>5-6</td>
<td>7-9</td>
<td>10 or more</td>
</tr>
<tr>
<td>3. How often do you have six or more standard drinks on a single occasion?</td>
<td>Never</td>
<td>Less than monthly</td>
<td>Monthly</td>
<td>Weekly</td>
<td>Daily or almost daily</td>
</tr>
</tbody>
</table>

Examples of one standard drink

<table>
<thead>
<tr>
<th>Full strength beer</th>
<th>Low strength beer</th>
<th>Pre-mixed spirits</th>
<th>Wine</th>
<th>Spirits</th>
</tr>
</thead>
<tbody>
<tr>
<td>285ml</td>
<td>425ml</td>
<td>275ml</td>
<td>100ml</td>
<td>30ml</td>
</tr>
<tr>
<td>4.8% alcohol</td>
<td>2.7% alcohol</td>
<td>5% alcohol</td>
<td>13.5% alcohol</td>
<td>40% alcohol</td>
</tr>
</tbody>
</table>
Following traumatic exposure, maladaptive coping strategies such as the use of alcohol can impair mental and physical health recovery. It is useful to screen for problematic alcohol use in patients aged 15 years and over who have suffered traumatic exposure.

Alcohol consumption for the AUDIT-C is measured in standard drinks. An Australian standard drink contains 10 g of alcohol, which is equivalent to 12.5 mL of alcohol.

**Use and interpretation**
Each AUDIT-C question has a choice of five answers. It is scored on a scale of 0 –12.

In men, a score of 4 or more is considered positive, optimal for identifying hazardous drinking or active alcohol use disorders.

In women, a score of 3 or more is considered positive, optimal for identifying hazardous drinking or active alcohol use disorders.

**Follow-up**
For those with scores indicating hazardous drinking levels:

**Brief interventions**
- Advise to drink 2 drinks per day or less, and no more than 4 drinks on any one occasion.
- Counsel about the dangers of operating a motor vehicle or performing other potentially dangerous activities after drinking.
- Provide simple advice to reduce alcohol consumption.

**Referral and management**
- For those who score 5 or above, consider offering referral for community-based assessment and management.
- The full AUDIT (10 items) can be used to further assess problematic drinking behaviours.
- The Severity of Alcohol Dependence Questionnaire (SADQ) (20-items) can be used to further assess potential need for residential-assisted withdrawal.
- For moderate or severe alcohol dependence, consider a combination of medication and psychological treatment (cognitive behavioural therapy).

**References and further information**