

# 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'.

	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+ times a week
2. How many standard drinks containing alcohol do you have on a typical day?	1-2	3-4	5-6	7-9	10 or more
3. How often do you have six or more standard drinks on a single occasion?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily

## AUDIT-C explanatory notes

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

- The Alcohol Use Disorders Identification Test: guidelines for use in primary care, AUDIT, second edition. Geneva: World Health Organization; 2000
- <https://www.racgp.org.au/clinical-resources/clinical-guidelines/key-racgp-guidelines/view-all-racgp-guidelines/snap/applying-the-5as/alcohol>