

## Optional Action Point 15:

Use the Alcohol Use Disorders Identification Test (AUDIT) as preferred measure of drinking patterns and alcohol-related harm.

### 1. Purpose

The objective of this toolkit is to:

- Introduce the Alcohol Use Disorders Identification Test (AUDIT).

### 2. Scope

The AUDIT is a simple ten-question screening tool developed by the World Health Organization. It is used to identify persons with hazardous and harmful patterns of alcohol consumption. A person's audit score reflects the patient's level of risk related to alcohol.

### 3. Procedure

1. The AUDIT template can be found on page 3 of this toolkit.
2. The AUDIT can be administered either as an oral interview or as a self-reported questionnaire.
3. It is important that an explanation be given to students of the content of the questions, the purpose of asking them and the need for accurate answers prior to administration.
4. It is also important to explain what is meant "alcoholic drinks" and "standard drink". This could be done by using local examples of beer, wine, vodka etc and how much of each a drink constitutes.
5. Answers are to be coded in terms of standard drinks. According to the HSE a standard drink is one that has 10 grams of pure alcohol in it. Examples of a standard drink according to the HSE are;
  - A pub measure of spirits (35.5ml)
  - A small glass of wine (12.5% volume)
  - A half pint of normal beer
  - An alcopop (275ml bottle)



# REACT

Responding to Excessive Alcohol Consumption in Third-Level

Low risk guidelines for adults are:

- Up to 11 standard drinks in a week for women, and
- Up to 17 standard drinks in a week for men.



## 6. Scoring;

- Scores between 8 and 15 are most appropriate for simple advice focused on the reduction of hazardous drinking.
- Scores between 16 and 19 suggest brief counselling and continued monitoring.
- AUDIT scores of 20 or above clearly warrant further diagnostic evaluation for alcohol dependence.

7. Review the AUDIT to ensure it is in line with Irish guidelines of binge drinking (6+ units in one sitting).

8. More information on AUDIT can be found at;

[http://www.talkingalcohol.com/files/pdfs/WHO\\_audit.pdf](http://www.talkingalcohol.com/files/pdfs/WHO_audit.pdf)

# REACT

Responding to Excessive Alcohol Consumption in Third-Level

The Alcohol Use Disorders Identification Test: Self Report Version						
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?		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	
					<b>Total</b>	