

AUDIT-C

Assessment for hazardous alcohol consumption

Purpose : Screening tool to identify frequency and patterns of consumption for people who are at risk of developing alcohol problems

Admin time : 5 min

User Friendly : High

Administered by : GP or nurse

Content : 3 questions to assess the level of risk, be it hazardous, harmful or dependent

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<https://www.cgakit.com/audit-c>

AUDIT-C - Assessment of alcohol consumption

Name : _____ Date : _____

Assessed by : _____

For the following questions please circle the answer which best applies :

Questions	Scoring system					Your score
	0	1	2	3	4	
How often do you have a drink containing alcohol?	Never	Monthly or less	2 to 4 times per month	2 to 3 times per week	4 or more times per week	
How many units of alcohol do you drink on a typical day when you are drinking?	0 to 2	3 to 4	5 to 6	7 to 9	10 or more	
How often have you had 6 or more units if female, or 8 or more if male, on a single occasion in the last year?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily	


AUDIT-C score Total

A score of 5 or more is AUDIT-C positive.


What to do next?

If your score is FAST positive, complete the remaining AUDIT questions.


One unit of alcohol




Half pint of "regular" beer, lager or cider




Half a small glass of wine



1 single measure of spirits




1 small glass of sherry




1 small measure of aperitifs


Drinks more than a single unit




2
Pint of "regular" beer, lager or cider




3
Pint of "strong" or "premium" beer, lager or cider




1 1/2
Alcopop or a 275ml bottle or regular lager




2
440ml can of "regular" lager or cider



4
440ml can of "super strength" lager



3
250ml glass of wine (12%)



9
75cl Bottle of wine (12%)

Remaining AUDIT questions

For the following questions please circle the answer which best applies :

Questions	Your SCORE is the number at the top of the column above your answers					Your score
	Score 0	Score 1	Score 2	Score 3	Score 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	
How often during the last year have you failed to do what was normally expected from you because of your drinking?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily	
How often during the last year have you needed an alcoholic drink in the morning to get yourself going after a heavy drinking session?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily	
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	
How often during the last year have you been unable to remember what happened the night before because you had been drinking?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily	
Have you or somebody else been injured as a result of your drinking?	No		Yes, but not in the last year		Yes, during the last year	
Has a relative or friend, doctor or other health worker been concerned about your drinking or suggested that you cut down?	No		Yes, but not in the last year		Yes, during the last year	

Remaining questions Total

AUDIT score Total
(AUDIT-C Total + Remaining questions Total)

AUDIT Assessment - Scoring

Score*	Suggested zone	Indicated action
0-3: Women 0-4: Men	I – Low risk (low risk of health problems related to alcohol use)	Brief education
4-12: Women 5-14: Men	II - Risky (increased risk of health problems related to alcohol use)	Brief intervention
13-19: Women 15-19: Men	III - Harmful (increased risk of health problems related to alcohol use and a possible mild or moderate alcohol use disorder)	Brief intervention or referral to specialized treatment
20+: Men 20+: Women	IV - Severe (increased risk of health problems related to alcohol use and a possible moderate or severe alcohol use disorder)	Referral to specialized treatment

Brief education: An opportunity to educate patients about low-risk consumption levels and the risks of excessive alcohol use.

Brief intervention: Patient-centered discussion that employs Motivational Interviewing concepts to raise an individual’s awareness of his/her substance use and enhancing his/her motivation towards behavioral change. Brief interventions are typically performed in 3-15 minutes, and should occur in the same session as the initial screening. Repeated sessions are more effective than a one-time intervention.

The recommended behavior change is to cut back to low-risk drinking levels unless there are other medical reasons to abstain (liver damage, pregnancy, medication contraindications, etc.).

Patients with numerous or serious negative consequences from their drinking, or patients with likely dependence who cannot or will not obtain conventional specialized treatment, should receive more numerous and intensive interventions with follow up. The recommended behavior change in this case is to either cut back to low-risk drinking levels or abstain from use.

Referral to specialized treatment: A proactive process that facilitates access to specialized care for individuals who have been assessed to have substance use dependence. These patients are referred to alcohol and drug treatment experts for more definitive, in-depth assessment and, if warranted, treatment. The recommended behavior change is to abstain from use and accept the referral. Referrals to treatment are delivered to the patient using the brief intervention model.