



Alcohol Use Self-Assessment

Check the box that corresponds with your answer and write the number of points (0 to 4) in the points column. **Answers should be based on a standard drink size.**

Questions	0	1	2	3	4	Points
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	
How many drinks containing alcohol do you consume in a typical day when you are drinking?	1 or 2	3 or 4	5 or 6	7 to 9	10 or more	
How often during the last year have you found you were unable to stop drinking once you started?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily	
How often in the last year have you been unable to do what was expected of you because of drinking?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily	
How often during the last year have you NEEDED a drink first thing in the morning to get yourself going after a heavy drinking session?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily	
How often in the last year have you felt 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 of drinking?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily	
Have you or someone else been injured because of your drinking?	No		Yes, but not in the last year		Yes, during the last year	
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 Points						

Scoring:

- 1 to 7: Low-risk consumption
- 8 to 14: Hazardous or harmful consumption
- 15+: Likelihood of alcohol dependence

The Alcohol Use Disorders Identification Test (AUDIT) is a screening tool developed by the World Health Organization (WHO) to assess alcohol consumption, drinking behaviors, and alcohol-related problems. This self-assessment doesn't replace an evaluation from a health professional.