Alcohol Self Assessment

Please continue on to the next section:

AUDIT:

- 1. How often do you have a drink containing alcohol?
- (0) Never (Skip to Questions 9-10)
- (1) Monthly or less
- (2) 2 to 4 times a month
- (3) 2 to 3 times a week
- (4) 4 or more times a week
- 2. How many drinks containing alcohol do you have on a typical day when you are drinking?
- (0) 1 or 2
- (1) 3 or 4
- (2) 5 or 6
- (3) 7, 8, or 9
- (4) 10 or more
- 3. How often do you have six or more drinks on one occasion?
- (0) Never
- (1) Less than monthly
- (2) Monthly
- (3) Weekly
- (4) Daily or almost daily

Skip to Question 9 and 10 if Total Score for Questions 2 and 3 = 0

- **4.** How often during the last year have you found that you were not able to stop drinking once you had started?
- (0) Never
- (1) Less than monthly
- (2) Monthly
- (3) Weekly
- (4) Daily or almost daily
- **5.** How often during the last year have you failed to do what was normally expected from you because of drinking?
- (0) Never
- (1) Less than monthly
- (2) Monthly
- (3) Weekly
- (4) Daily or almost daily
- **6.** How often during the last year have you been unable to remember what happened the night before because you had been drinking?
- (0) Never

(1) Less than monthly(2) Monthly(3) Weekly(4) Daily or almost daily
 7. How often during the last year have you needed an alcoholic drink first thing in the morning to get yourself going after a night of heavy drinking? (0) Never (1) Less than monthly (2) Monthly (3) Weekly (4) Daily or almost daily
 8. How often during the last year have you had a feeling of guilt or remorse after drinking? (0) Never (1) Less than monthly (2) Monthly (3) Weekly (4) Daily or almost daily
9. Have you or someone else been injured as a result of your drinking?(0) No(2) Yes, but not in the last year(4) Yes, during the last year
10. Has a relative, friend, doctor, or another health professional expressed concern about your drinking or suggested you cut down?(0) No(2) Yes, but not in the last year4) Yes, during the last year
Record total of specific items here
A score of 8 or more indicates a strong likelihood of hazardous or harmful alcohol consumption and warrants more careful assessment.