

ALCOHOL SCREENING TOOL

1 unit is typically:

Half-pint of regular beer, lager or cider; 1 small glass of low ABV wine (9%); 1 single measure of spirits (25ml)

UNIT GUIDE



The following drinks have more than one unit:

A pint of regular beer, lager or cider, a pint of strong /premium beer, lager or cider, 440ml regular can cider/lager, 440ml "super" lager, 250ml glass of wine (12%)



The following questions are validated as screening tools for alcohol use

| AUDIT- C Questions | Scoring system | | | | | Your score |
|--|-----------------------|-------------------|---------------------|--------------------|-----------------------|-------------------|
| | 0 | 1 | 2 | 3 | 4 | |
| How often do you have a drink containing alcohol? | Never | Monthly or less | 2-4 times per month | 2-3 times per week | 4+ times per week | |
| How many units of alcohol do you drink on a typical day when you are drinking? | 1 -2 | 3-4 | 5-6 | 7-9 | 10+ | |
| 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 | |
| TOTAL : | | | | | | |

A score of **less than 5** indicates *lower risk drinking* (see overleaf)

Scores of 5+ requires the following 7 questions to be completed:

| AUDIT Questions <small>(after completing 3 AUDIT-C questions above)</small> | Scoring system | | | | | Your score |
|--|-----------------------|-------------------|-------------------------------|----------|---------------------------|-------------------|
| | 0 | 1 | 2 | 3 | 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 | |
| TOTAL | | | | | | |

PLEASE TURN OVER for scoring & next steps >>>>>

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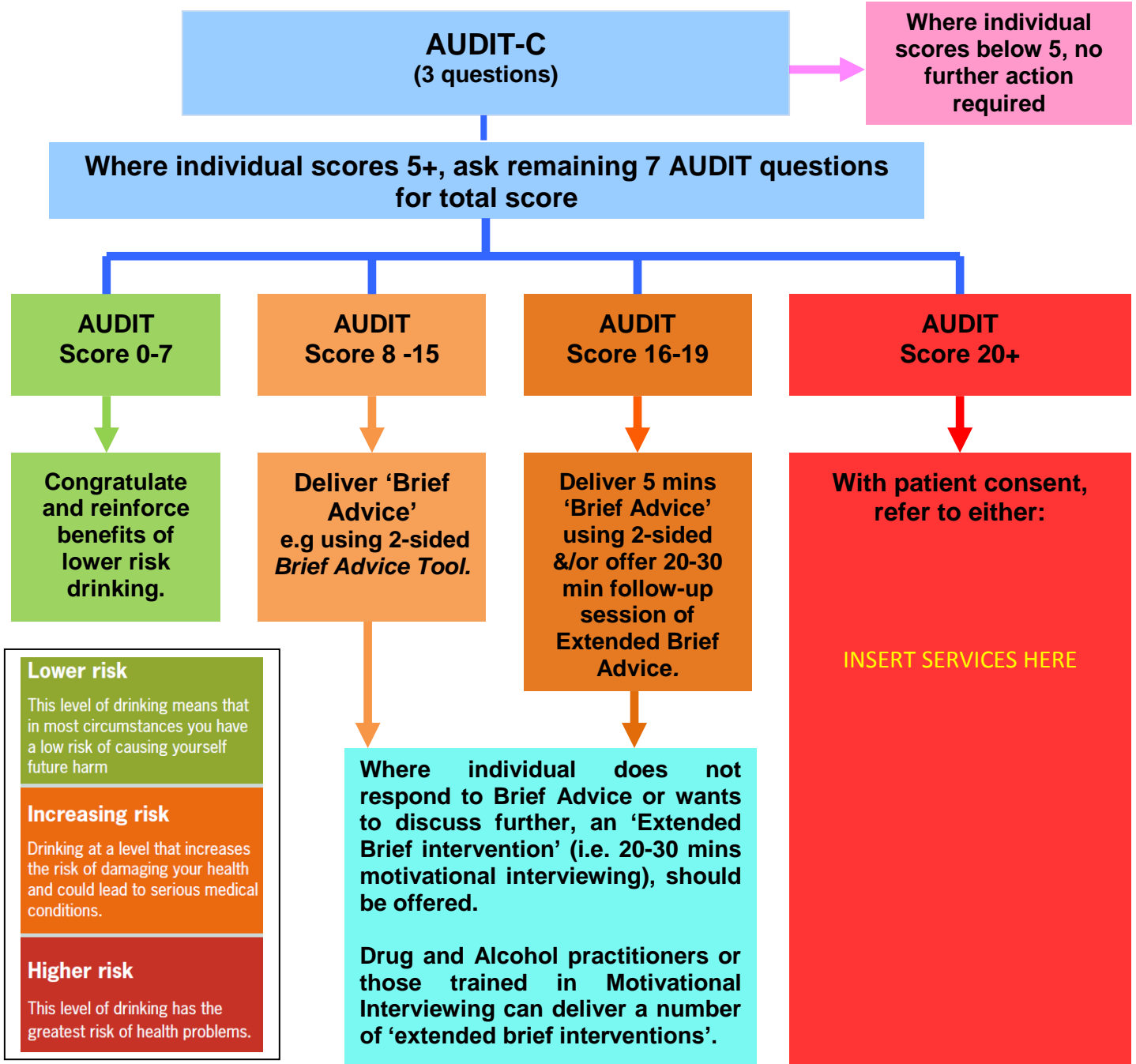
SCORING: ADD the 2 scores together to identify necessary action (e.g. Brief Advice)

AUDIT C _____ + AUDIT _____ =

"Based on your answers, your drinking places you in the ... risk category."
(for 8+ scores lead to Brief Advice with) "How do you feel about that?"

| AUDIT SCORE | RISK CATEGORY | DESIRED ACTION |
|-------------|----------------------------|------------------------------------|
| 0 –7 | Lower risk | = No intervention required |
| 8 –15 | Increasing risk | = Brief Advice |
| 16-19 | Higher risk | = Brief Advice and/or extended BA |
| 20+ | Possible dependence | = Referral to services (see below) |

Brief Intervention (IBA) pathway



Lower risk

This level of drinking means that in most circumstances you have a low risk of causing yourself future harm

Increasing risk

Drinking at a level that increases the risk of damaging your health and could lead to serious medical conditions.

Higher risk

This level of drinking has the greatest risk of health problems.

For Brief Intervention/IBA tools and e-learning visit www.alcohollearningcentre.org.uk and see 'topics' > 'IBA'