

FAST

The FAST tool was developed from AUDIT as a shorter version to use in busy A&E and hospital environments to detect hazardous drinking.

F.A.S.T. Screening tool

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

1 drink = ½ pint of beer or 1 glass of wine or 1 single spirit

1. How often do you have eight or more drinks on one occasion?

Never Less than monthly Monthly Weekly Daily or almost daily

2. 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

3. How often during the last year have you failed to do what was normally expected of you because of your drinking?

Never Less than monthly Monthly Weekly Daily or almost daily

4. Has a relative or friend, or a doctor or other health worker been concerned about your drinking or suggested you cut down?

No Yes, but not in the last year Yes, during the last year

(Hodgson et al 2001).

Scoring

Scoring of FAST is quick and can be completed with just a glance at the pattern of responses.

Question 1: FAST negative if response is never.

FAST positive if response is Weekly/Daily or almost daily

Only consider Q 2, 3, 4 if response to Q1 is less than monthly or monthly.

Questions 2, 3, & 4: FAST is negative if responses to Q2 & Q3 are Never and Q4 is No.

FAST positive if any other response i.e. any hint of a problem.

Unlike other quick screening tests the main focus is upon the frequency of risky levels of consumption (defined in the screening tool as above 8 units on one occasion). The first question identifies up to 70% of respondents as either hazardous drinkers, (i.e. those who respond 'weekly' or 'daily or almost daily') or non-hazardous drinkers, (i.e. those who respond 'never'). The questionnaire is very quick to administer, about 12 seconds, because most respondents only have to answer the first question. FAST identifies 930 out of every thousand people misusing alcohol that AUDIT detects (Hodgson et al 2001).