



## NHS Highland

### AUDIT Questionnaire

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

<p>1. How often do you have a drink containing alcohol?</p> <p>(0) Never            (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</p>	<p>2. How many drinks containing alcohol do you have on a typical day when you are drinking?</p> <p>(0) 1 or 2            (1) 3 or 4            (2) 5 or 6            (3) 7, 8, or 9            (4) 10 or more</p>
<p>3. How often do you have six or more drinks on one occasion?</p> <p>(0) Never            (1) Less than monthly            (2) Monthly            (3) Weekly            (4) Daily or almost daily</p>	<p>4. How often during the last year have you found that you were not able to stop drinking once you had started?</p> <p>(0) Never            (1) Less than monthly            (2) Monthly            (3) Weekly            (4) Daily or almost daily</p>
<p>5. How often during the last year have you failed to do what was normally expected from you because of drinking?</p> <p>(0) Never            (1) Less than monthly            (2) Monthly            (3) Weekly            (4) Daily or almost daily</p>	<p>6. How often during the last year have you needed a first drink in the morning to get yourself going after a heavy drinking session?</p> <p>(0) Never            (1) Less than monthly            (2) Monthly            (3) Weekly            (4) Daily or almost daily</p>
<p>7. How often during the last year have you had a feeling of guilt or remorse after drinking?</p> <p>(0) Never            (1) Less than monthly            (2) Monthly            (3) Weekly            (4) Daily or almost daily</p>	<p>8. How often during the last year have you been unable to remember what happened the night before because you had been drinking?</p> <p>(0) Never            (1) Less than monthly            (2) Monthly            (3) Weekly            (4) Daily or almost daily</p>
<p>9. Have you or someone else been injured as a result of your drinking?</p> <p>(0) No            (2) Yes, but not in the last year            (4) Yes, during the last year</p>	<p>10. Has a relative or friend or a doctor or another health worker been concerned about your drinking or suggested you cut down?</p> <p>(0) No            (2) Yes, but not in the last year            (4) Yes, during the last year</p>
<p>Record total score here.</p>	

Score below 20  
 Provide a brief intervention.

Score 20 or above  
 Indicate an increasing risk that the patient may be developing alcohol dependence and have experienced negative alcohol related harm. The patient may benefit from referral to specialist alcohol services.