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# AUDIT

## The Alcohol Use Disorders Identification Test

Guidelines for Use in Primary Care

Second Edition

World Health Organization  
Department of Mental Health and Substance Dependence



**Box 4**

**The Alcohol Use Disorders Identification Test: Interview Version**

Read questions as written. Record answers carefully. Begin the AUDIT by saying "Now I am going to ask you some questions about your use of alcoholic beverages during this past year." Explain what is meant by "alcoholic beverages" by using local examples of beer, wine, vodka, etc. Code answers in terms of "standard drinks". Place the correct answer number in the box at the right.

<p>1. How often do you have a drink containing alcohol?</p> <p>(0) Never [Skip to Qs 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</p> <p style="text-align: right;"><input type="text"/></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 style="text-align: right;"><input type="text"/></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 style="text-align: right;"><input type="text"/></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 style="text-align: right;"><input type="text"/></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><i>Skip to Questions 9 and 10 if Total Score for Questions 2 and 3 = 0</i></p> <p style="text-align: right;"><input type="text"/></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 style="text-align: right;"><input type="text"/></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 style="text-align: right;"><input type="text"/></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 style="text-align: right;"><input type="text"/></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 style="text-align: right;"><input type="text"/></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 style="text-align: right;"><input type="text"/></p>
<p style="text-align: right;">Record total of specific items here <input type="text"/></p> <p><i>If total is greater than recommended cut-off, consult User's Manual.</i></p>	

precisely a cut-off point to distinguish hazardous and harmful drinkers (who would benefit from a brief intervention) from alcohol dependent drinkers (who should be referred for diagnostic evaluation and more intensive treatment). This is an important question because screening programmes designed to identify cases of alcohol dependence are likely to find a large number of hazardous and harmful drinkers if the cut-off of 8 is used. These patients need to be managed with less intensive interventions. In general, the higher the total score on the AUDIT, the greater the sensitivity in finding persons with alcohol dependence.

Based on experience gained in a study of treatment matching with persons who had a wide range of alcohol problem severity, AUDIT scores were compared with diagnostic data reflecting low, medium and high degrees of alcohol dependence. It was found that AUDIT scores in the range of 8-15 represented a medium level of alcohol problems whereas scores of 16 and above represented a high level of alcohol problems<sup>33</sup>. On the basis of experience gained from the use of the AUDIT in this and other research, it is suggested that the following interpretation be given to AUDIT scores:

- Scores between 8 and 15 are most appropriate for simple advice focused on the reduction of hazardous drinking.
- Scores between 16 and 19 suggest brief counseling and continued monitoring.

- AUDIT scores of 20 or above clearly warrant further diagnostic evaluation for alcohol dependence.

In the absence of better research these guidelines should be considered tentative, subject to clinical judgment that takes into account the patient's medical condition, family history of alcohol problems and perceived honesty in responding to the AUDIT questions.

While use of the 10-question AUDIT questionnaire will be sufficient for the vast majority of patients, special circumstances may require a clinical screening procedure. For example, a patient may be resistant, uncooperative, or unable to respond to the AUDIT questions. If further confirmation of possible dependence is warranted, a physical examination procedure and laboratory tests may be used, as described in Appendix D.