

AUDIT – C

Patient Name:

Patient Date of Birth:

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 score						

Scoring:

A total of 5+ indicates increasing or higher risk drinking. An overall total score of 5 or above is AUDIT – C positive.

What counts as a unit of alcohol?

Half a pint (250ml) of average strength beer

125ml of wine 8% ABV

One standard pub measure of spirits (25ml)

25ml of fortified wine, such as sherry or port