Alcohol screening questionnaire (USAUDIT)

Our clinic asks all patients about alcohol use at least once a year. Drinking alcohol can affect your health and some medications you may take. Please help us provide you with the best medical care by answering the questions below.

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_____

One drink equals:

12 oz. beer 5 oz. wine 1.5 oz. liquor (one shot)

1. How often do you have a drink containing alcohol?	Never	Less than monthly	Monthly	Weekly	2-3 times a week	4-6 times a week	Daily
2. How many drinks containing alcohol do you have on a typical day when you are drinking?	1 drink	2 drinks	3 drinks	4 drinks	5-6 drinks	7-8 drinks	10 or more drinks
3. How often do you have X (5 for men; 4 for women & men over age 65) or more drinks on one occasion?	Never	Less than monthly	Monthly	Weekly	2-3 times a week	4-6 times a week	Daily
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		
5. How often during the last year have you failed to do what was normally expected of you because of drinking?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily		
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?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily		
7. 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		
8. How often during the last year have you been unable to remember what happened the night before because of your drinking?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily		
9. Have you or someone else been injured because of your drinking?	No		Yes, but not in the past year		Yes, in the past year		
10. Has a relative, friend, doctor, or other health care worker been concerned about your drinking or suggested you cut down?	No		Yes, but not in the past year		Yes, in the past year		
	0	1	2	3	4	5	6

Have you ever been in treatment for an alcohol problem? ☐ Never ☐ Currently ☐ In the past

	I	II	III	IV
M:	0-7	8-15	16-19	20+
W:	0-6	7-15	16-19	20+

(For the health professional)

Scoring and interpreting the USAUDIT:

Each answer receives a point ranging from 0 to 6. Points are added for a total score that correlates with a zone of use that can be circled on the bottom left corner of the page.

Score*	**Zone of use**	**Suggested action**
0 - 6: Women 0 - 7: Men	**I – Low risk** Low risk of health problems related to alcohol use.	Brief education
7 - 15: Women 8 - 15: Men	**II - Risky** Increased risk of health problems related to alcohol use.	Brief intervention
16 - 19	**III - Harmful** Increased risk of health problems related to alcohol use and a possible mild or moderate alcohol use disorder.	Brief intervention (offer options that include treatment)
20+	**IV – Severe** Increased risk of health problems related to alcohol use and a possible moderate or severe alcohol use disorder.	

Brief education: Inform patients about low-risk consumption levels and the risks of excessive alcohol use.

Brief intervention: Patient-centered discussion that employs Motivational Interviewing concepts to raise an patient's awareness of their substance use and enhances their motivation to change their use. Brief interventions are typically performed in 3-15 minutes, and should occur in the same session as the initial screening. Repeated sessions are more effective than a one-time intervention.

If a patient is ready to accept treatment, a referral is a proactive process that facilitates access to specialized care for individuals likely experiencing a substance use disorder. These patients are referred to alcohol and drug treatment experts for more definitive, in-depth assessment and, if warranted, treatment. However, treatment also includes prescribing medications for substance use disorder as part of the patient's normal primary care.

More resources: www.sbirtoregon.org

***** USAUDIT - The Alcohol Use Disorder Identification Test, Adapted for Use in the United States: A Guide for Primary Care Practitioners. Thomas F. Babor, John C. Higgins-Biddle, Katherine Robaina. Substance Abuse and Mental Health Services Administration (SAMHSA). 2016.