

AUDIT-C Questionnaire

Instructions:

Please answer the following questions honestly based on your alcohol consumption habits over the past year.

1. How often did you have a drink containing alcohol in the past year?

- Never (0 point)
- Monthly or less (1 point)
- 2 to 4 times a month (2 points)
- 2 to 3 times a week (3 points)
- 4 or more times a week (4 points)

2. How many drinks did you have on a typical day when you were drinking in the past year?

- None, I do not drink (0 point)
- 1 or 2 (0 point)
- 3 or 4 (1 point)
- 5 or 6 (2 points)
- 7 to 9 (3 points)
- 10 or more (4 points)

3. How often did you have six or more drinks on one occasion in the past year?

- Never (0 point)
 - Less than monthly (1 point)
 - Monthly (2 points)
 - Weekly (3 points)
 - Daily or almost daily (4 points)
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Scoring:

(Question 1) + (Question 2) + (Question 3)

Total Score: _____

Interpretation:

The AUDIT-C is scored on a scale of 0-12. In men, a score of 4 or more is considered positive; in women, a score of 3 or more is considered positive. Generally, the higher the AUDIT-C score, the more likely it is that the patient's drinking is affecting his/her health and safety.

Discussion:

- If the patient scores positive on the AUDIT-C, consider discussing their alcohol consumption habits and potential risks associated with heavy drinking.
 - Offer interventions or refer the patient for further evaluation if necessary.
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Adapted from World Health Organization. (2001). The Alcohol Use Disorders Identification Test: Guidelines for Use in Primary Care (2nd Ed). Author.