


# Alcohol Use Disorders Identification Test (AUDIT)

The AUDIT (Alcohol Use Disorders Identification Test) is a screening tool developed by the World Health Organization (WHO) to identify at-risk behaviors related to alcohol consumption. It was designed to detect alcohol use disorders early and to assess the severity of drinking in individuals.

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|---|---|
| Number of questions | 10 questions |
| Estimated duration | 2 minutes |
| Language | English |
| Original name | Alcohol Use Disorders Identification Test |
| Category | Addictions |

## Preview of the 10 questions

How often do you have a drink containing alcohol?

Never | Monthly or less | 2 to 4 times a month | 2 to 3 times a week | 4 or more times a week

How many drinks containing alcohol do you have on a typical day when you are drinking?

1 or 2 | 3 or 4 | 5 or 6 | 7, 8, or 9 | 10 or more

How often do you have six or more drinks on one occasion?

Never | Less than monthly | Monthly | Weekly | Daily or almost daily

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

How often during the last year have you failed to do what was normally expected from you because of drinking?

Never | Less than monthly | Monthly | Weekly | Daily or almost daily

The full questionnaire (10 questions) is administered online on Mentaal.

### Administer this questionnaire online

Send your patient a link: they answer from their phone or computer, and you receive the scored results by email.

View the questionnaire on mentaal.org

## Scoring & interpretation

**Automatic scoring with Mentaal**

The scored results will be sent to you automatically as soon as your patient completes the questionnaire. Here's an example:

**Scoring**

**Score: 17/40**

| | |
|---|---|
| 0 — 7 | Low-risk drinking |
| 8 — 15 | Hazardous drinking |
| **16 — 19** | **Harmful drinking** ◀ 17 |
| 20 — 40 | Possible alcohol dependence |

