

1	How frequently do you drink alcohol?	(a) Never	0
		(b) Less than once a month	1
		(c) Under 4 times a month	2
		(d) 3 times a week or less	3
		(e) 4 times a week or more	4
2	How many units would you drink at a sitting?	(a) 1 - 2 Units	0
		(b) 3 -4 Units	1
		(c) 5 - 6 Units	2
		(d) 7 - 9 Units	3
		(e) More than 10 Units	4
3	How many times would you exceed 6 units at one sitting?	(a) Never	0
		(b) Less than once a month	1
		(c) Once a month	2
		(d) Once a week	3
		(e) Daily or nearly every day	4
4	How frequently do you fail to do things because of your drinking?	(a) Never	0
		(b) Less than once a month	1
		(c) Once a month	2
		(d) Once a week	3
		(e) Daily or nearly every day	4
5	Do you ever fail to stop drinking once you start?	(a) Never	0
		(b) Less than once a month	1
		(c) Once a month	2
		(d) Once a week	3
		(e) Daily or nearly every day	4
6	Do you need a drink in the morning	(a) Never	0
		(b) Less than once a month	1
		(c) Once a month	2
		(d) Once a week	3
		(e) Daily or nearly every day	4
7	Do you have feelings of guilt or remorse after drinking	(a) Never	0
		(b) Less than once a month	1
		(c) Once a month	2
		(d) Once a week	3
		(e) Daily or nearly every day	4
8	Do you often find it hard to remember what you did when drinking?	(a) Never	0
		(b) Sometimes	1
		(c) Once a month	2
		(d) Once a week	3
		(e) Daily	4
9	As a result of your drinking, have you or someone else been injured?	(a) Never	0
		(b) Not in past year	2
		(c) In past year	4
10	Has anyone shown concern about your drinking?	(a) Never	0
		(b) Not in past year	2
		(c) In past year	4

Instructions

Answer all the questions truthfully.

Choose only one option per question, add the values for each option to find your total score.

Scores

0 - 8 Points

Your score reflects the lowest risk for drinking alcohol.

8 - 20 Points

Your score reflects an increased risk of developing problems related to alcohol, and you should try to cut down.

20+

Your score reflects that you are already having problems related to alcohol abuse. You should cut down on your consumption and have a pay a visit to your doctor to see what options are open to you.