

AUDIT-C for Alcohol Use

Bush K, et al. Arch Intern Med. 1998

For each question, please **circle the answer** that is correct for you

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

Never

Monthly
or Less

2 to 4 Times
a Month

2 to 3 Times
a Week

4 or More Times
a Week

2. How many drinks containing alcohol did you have on a typical day when you were drinking in the past year? *Skip this question if you never drink alcohol*

1 to 2 Drinks

3 to 4 Drinks

5 to 6 Drinks

7 to 9 Drinks

10 or More Drinks

3. How often did you have 6 or more drinks on one occasion in the past year?

Never

Less than Monthly

Monthly

Weekly

Daily or Almost Daily


For Office Use Only

| | | | | |
|---|---|---|---|---|
| 0 | 1 | 2 | 3 | 4 |
|---|---|---|---|---|

Drinking Alcohol

A "standard drink" is any drink that contains about 0.6 fluid ounces of pure alcohol. Anything larger or stronger is more than one drink.

12 fl oz of regular beer = 8-9 fl oz of malt liquor (shown in a 12 oz glass) = 5 fl oz of table wine = 1.5 fl oz shot of 80-proof spirits (whiskey, gin, rum, vodka, tequila, etc.)



about 5% alcohol about 7% alcohol about 12% alcohol about 40% alcohol

The percent of "pure" alcohol, expressed here as alcohol by volume (alc/vol), varies by beverage.

Do friends or relatives complain or worry about your drinking?

Do you sometimes think you need to cut down on your drinking?

Do you ever NOT do something you were expected to do because of your drinking?

<https://commons.wikimedia.org/w/index.php?curid=46288449>

<http://www.niaaa.nih.gov/alcohol-health/overview-alcohol-consumption/what-standard-drink>

If you are bothered by your drinking, there are medications, behavioral therapies, and support groups that can help.