

Appendix A. The USAUDIT-C Questionnaire*

Description

The AUDIT-C is a short, easy-to-administer screening process using the first three questions of the AUDIT modified for the US standard drink (14 grams, rather than the 10 grams standard used in the international version of the AUDIT). It was developed for and used in the *Cutting Back Study*¹ to measure patients' weekly consumption and occasions of excessive drinking.

Use

Can be included in an intake or health behavior questionnaire to provide a quick screen to identify excessive drinking. Best administered on paper or electronically, where the patient must choose one of the response alternatives. Patients who score positive should then receive the full USAUDIT to determine their level of risk and any signs of dependence.

How to Score

Each response is scored using the numbers at the top of each response column. Write the appropriate number associated with each answer in column at right. Then add all numbers in that column to obtain the total score.

Cutoff Scores

A total of 7 or more for women and men over age 65, and 8 or more for younger males is a positive risk indicator.

Advantages

Identifies both excessive regular drinking and excessive occasional drinking in only three questions.

Instrument

Instructions: Alcohol can affect your health, medications, and treatments, so we ask patients the following questions. Your answers will remain confidential. Place an x in one box to answer. Think about your drinking in the past year. A drink means one beer, one small glass of wine (5 oz.), or one mixed drink containing one shot (1.5 oz.) of spirits.

QUESTIONS	0	1	2	3	4	5	6	Score
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 you are drinking?	1 drink	2 drinks	3 drinks	4 drinks	5-6 drinks	7-9 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	
Total								

The AUDIT 1–3 (US) can be used for clinical purposes without permission or cost.

¹Barbor TF, Higgins-Biddle J, Dauser D, Bureson JA, Zarkin GA, Bray J. Brief Interventions for at-risk drinking: patient outcomes and cost-effectiveness in managed care organizations. *Alcohol* 2006 Nov–Dec; 41(6): 624–31.

*Excerpted from CDC (2014).

Appendix B. USAUDIT Questionnaire

Instrument USAUDIT

Instructions: Alcohol can affect your health, medications, and treatments, so we ask patients the following questions. Your answers will remain confidential. Place an X in one box to answer. Think about your drinking **in the past year**. A drink means one beer, one small glass of wine (5 oz.), or one mixed drink containing one shot (1.5 oz.) of spirits.

QUESTIONS	0	1	2	3	4	5	6	Score
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 you are drinking?	1 drink	2 drinks	3 drinks	4 drinks	5-6 drinks	7-9 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 past year have you failed to do what was expected of you because of drinking?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily			
6. How often during the past year have you needed a drink first thing 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 past 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 past year have you been unable to remember what happened the night before because you had been 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, during the past year			
10. Has a relative, friend, doctor, or other health care worker been concerned about your drinking and suggested you cut down?	No		Yes, but not in the past year		Yes, during the past year			
Total								

Appendix C. A Guide to Lower-Risk Drinking*

A GUIDE TO LOWER-RISK DRINKING

WHAT IS A STANDARD DRINK?

One Standard Drink is...



How much is too much?

The most important thing is the amount of pure alcohol in a drink. These drinks, in normal measures, each contain roughly the same amount of pure alcohol. Think of each one as a standard drink.

What is Lower-Risk Drinking?

FOR MEN:

- No more than 2 drinks per day.
- No more than 14 drinks per week.
- No more than 4 drinks at any one time.

FOR WOMEN AND PERSONS OVER 65:

- No more than 1 drink per day.
- No more than 7 drinks per week.
- No more than 3 drinks at any one time.
- Do *not* drink at least 2 days of the week.

Remember, there are times when even one or two drinks can be too much, such as:

- When driving or operating machinery.
- When pregnant or breastfeeding.
- When taking certain medications.
- If you have certain conditions, diseases, or disorders.
- If you cannot stop or control your drinking.

Ask your healthcare provider for more information.

*Adapted from Babor, T. F., & Higgins-Biddle, J. C. (2001). *Brief intervention for hazardous and harmful drinking: A manual for use in primary care*. Geneva: World Health Organization