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.

<table>
<thead>
<tr>
<th>QUESTIONS</th>
<th>0</th>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
<th>5</th>
<th>6</th>
<th>Score</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. How often do you have a drink containing alcohol?</td>
<td>Never</td>
<td>Less than monthly</td>
<td>Monthly</td>
<td>Weekly</td>
<td>2-3 times a week</td>
<td>4-6 times a week</td>
<td>Daily</td>
<td></td>
</tr>
<tr>
<td>2. How many drinks containing alcohol do you have on a typical day you are drinking?</td>
<td>1 drink</td>
<td>2 drinks</td>
<td>3 drinks</td>
<td>4 drinks</td>
<td>5-6 drinks</td>
<td>7-9 drinks</td>
<td>10 or more drinks</td>
<td></td>
</tr>
<tr>
<td>3. How often do you have X (5 for men; 4 for women &amp; men over age 65) or more drinks on one occasion?</td>
<td>Never</td>
<td>Less than monthly</td>
<td>Monthly</td>
<td>Weekly</td>
<td>2-3 times a week</td>
<td>4-6 times a week</td>
<td>Daily</td>
<td></td>
</tr>
</tbody>
</table>

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


*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.

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</tr>
</thead>
<tbody>
<tr>
<td>1. How often do you have a drink containing alcohol?</td>
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<tr>
<td>2. How many drinks containing alcohol do you have on a typical day you are drinking?</td>
<td>1 drink</td>
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<td>5-6 drinks</td>
<td>7-9 drinks</td>
<td>10 or more drinks</td>
<td></td>
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<tr>
<td>3. How often do you have X (5 for men; 4 for women &amp; men over age 65) or more drinks on one occasion?</td>
<td>Never</td>
<td>Less than monthly</td>
<td>Monthly</td>
<td>Weekly</td>
<td>2-3 times a week</td>
<td>4-6 times a week</td>
<td>Daily</td>
<td></td>
</tr>
<tr>
<td>4. How often during the last year have you found that you were not able to stop drinking once you had started?</td>
<td>Never</td>
<td>Less than monthly</td>
<td>Monthly</td>
<td>Weekly</td>
<td>Daily or almost daily</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>5. How often during the past year have you failed to do what was expected of you because of drinking?</td>
<td>Never</td>
<td>Less than monthly</td>
<td>Monthly</td>
<td>Weekly</td>
<td>Daily or almost daily</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>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?</td>
<td>Never</td>
<td>Less than monthly</td>
<td>Monthly</td>
<td>Weekly</td>
<td>Daily or almost daily</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>7. How often during the past year have you had a feeling of guilt or remorse after drinking?</td>
<td>Never</td>
<td>Less than monthly</td>
<td>Monthly</td>
<td>Weekly</td>
<td>Daily or almost daily</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>8. How often during the past year have you been unable to remember what happened the night before because you had been drinking?</td>
<td>Never</td>
<td>Less than monthly</td>
<td>Monthly</td>
<td>Weekly</td>
<td>Daily or almost daily</td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>9. Have you or someone else been injured because of your drinking?</td>
<td>No</td>
<td>Yes, but not in the past year</td>
<td>Yes, during the past year</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>10. Has a relative, friend, doctor, or other health care worker been concerned about your drinking and suggested you cut down?</td>
<td>No</td>
<td>Yes, but not in the past year</td>
<td>Yes, during the past year</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Total**
Appendix C. A Guide to Lower-Risk Drinking*

A GUIDE TO LOWER-RISK DRINKING

WHAT IS A STANDARD DRINK?
One Standard Drink is...

- A 12-ounce can of ordinary BEER
- A 1.5-ounce shot of SPIRITS (whiskey, gin, rum, vodka, etc.)
- A 5-ounce glass of WINE or a 2–4-ounce glass of SHERRY
- A 2–4-ounce glass of LIQUEUR or APERITIF

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.