

Are you drinking too much?

This test will help you to assess the effects of your drinking and if it suggests you're drinking too much you'll get advice on how to cut down or seek further help.

Pint of beer, 4%, is 2.3 units - 500ml can strong lager 6% is 3 units - 250ml glass of wine 11% is 2.8 units - Single (25ml) measure of spirits (e.g. Vodka ,Gin) is 1 unit

QUESTIONS	0	1	Scoring 2	System 3	4	Your Score
1.How often do you have a drink containing alcohol?	Never	Monthly or Less	2-4 times per month	2-3 times per week	4+ times per week	
2.How many units of alcohol do you have on a typical day when you are drinking?	1-2	3-4	5-6	7-8	10+	
3.How often do you have six or more units on one occasion?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily	
4. How often during the last year have you found 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 last year have you failed to do what was normally expected from you because of your drinking?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily	
6. How often during the last year have you needed an alcoholic drink in the morning to get yourself going ?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily	
7.How often during the last 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 last 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 somebody else been injured as a result of your drinking?	No		Yes but not in the last year		Yes during the last year	
10.Has a relative, friend, doctor or health worker been concerned about your drinking or suggested you cut down?	No		Yes but not in the last year		Yes during the last year	
TOTAL						

Scoring:

0-7 = sensible drinking, 8-15 = hazardous drinking,
OK no action GP to Offer brief intervention

16-19 harmful drinking, GP to Also offer brief lifestyle counselling

20+ possible dependence GP to Consider referral to

Read Codes:

38D3

9k1A

9k1B

8HkG