

Take the Test

How do you know if there's a problem round the corner? This test will enable you - or a friend - to assess how much you drink and see if there may be a problem.

One unit of alcohol is: half pint average strength beer/lager OR one glass of wine OR one single measure of spirits. (Note: A can of high strength beer or lager may contain 3-4 units. In Northern Ireland a pi measure of spirits is one and a half units.)

1. How often do you have a drink containing alcohol?

- Never
- Monthly or less
- 2-4 times a month
- 2-3 times a week
- 4 or more times a week

2. How many units of alcohol do you drink on a typical day when you are drinking?

- 1 or 2
- 3 or 4
- 5 or 6
- 7, 8 or 9
- 10 or more

3. How often do you have six or more units of alcohol on one occasion?

- Never
- Less than monthly
- Monthly
- Weekly
- Daily or almost 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 last year have you failed to do what was normally expected from you because of drinking?

- Never
- Less than monthly
- Monthly
- Weekly
- Daily or almost daily

6. How often during the last year have you needed a first drink 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 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 someone 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 or friend or doctor or another 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

You Scored :

This test cannot tell you anything for certain. Scoring 8 or less is no guarantee that you will never have a problem because of drinking. For example, drinking any alcohol and driving puts you and others at risk. However, if you score over 8 then alcohol experts agree that you are likely to have what they call 'alcohol use disorder'. Obviously, the higher the score the more serious the problem is likely to be and you may not realise that you are at risk because that's the way alcohol works on people. 'Alcohol use disorder' covers all the problems associated with drinking.

If you have a score of over 8 then Hope UK strongly recommends that you talk to someone about it, preferably someone who can offer advice and help like a GP or local alcohol counselling centre. You can also find where to get information from the [find help](#) section of this website.

This test cannot diagnose any condition or tell you for certain if alcohol use is harming your health; rather, it is a screening test to indicate the likelihood of problematic drinking. If in doubt, please consult a doctor or help centre.

This self audit is based on the Alcohol Use Disorders Identification Test (AUDIT), developed by the World Health Organization to screen for harmful or hazardous drinking behaviours. (WHO and J. Saunders; O. Aasland; T. Babor; J. de la Fuente; M. Grant. 1992.)

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