

AUDIT-C

Instructions: For each question, please check the answer that is correct for you.

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

- Never (0)
- Monthly or less (1)
- Two to four times a month (2)
- Two to three times per week (3)
- Four or more times a week (4)

2. **How many drinks containing alcohol do you have on a typical day when you are drinking?**

- 1 or 2 (0)
- 3 or 4 (1)
- 5 or 6 (2)
- 7 to 9 (3)
- 10 or more (4)

3. **How often do you have six or more drinks on one occasion?**

- Never (0)
- Less than Monthly (1)
- Monthly (2)
- Two to three times per week (3)
- Four or more times a week (4)

Add the numerical value of each answer selected to get your total score.

TOTAL SCORE: _____

The maximum score is 12. A score of ≥ 4 identifies 86% of *men* who report drinking above recommended levels or meets criteria for alcohol use disorders. A score of > 2 identifies 84% of *women* who report hazardous drinking or alcohol use disorders.

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