

AUDIT-C Alcohol Use Questionnaire

Drinking alcohol can affect your health. This is especially important if you take certain medications. We want to help you stay healthy and lower your risk for the problems that can be caused by drinking. The following questions are about your drinking habits.

To help you answer correctly, we've listed the serving size of one drink below the questions.

Circle your answers. Then find your score in the top row above your answer. At the end, total your scores and look at the back of this sheet to rate your drinking habits.

Questions	0	1	2	3	4	Your score
1. How often did you have one drink containing alcohol in the last year?	I don't drink alcohol	Monthly or less	2-4 times a month	2-3 times a week	4 or more times a week	
2. How many drinks containing alcohol did you have on a typical day when you were drinking in the last year?	0 to 2	3 to 4	5 to 6	7 to 9	10 or more	
3. How often did you have six or more drinks on one occasion in the last year?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily	
					Total	

Standard serving of one drink:



12 ounces of beer or malt beverage

1.5 ounces of 80 proof liquor

5 ounces of wine

4 ounces of sherry, liqueur, or aperitif

Rating your score

For men less than 4, for women less than 3: You're at low risk for problems caused by drinking.

For men 4-6, for women 3-6: You could be at risk for problems caused by drinking alcohol. Making changes in your drinking habits can help lower your risk.

For men and women 7 and above: Scores in this range could mean drinking might be harming your health and increasing your risk for other problems related to alcohol use.

Talk to your health care provider about these questions and your score. He or she will be able to work with you to help you cut down or stop drinking, and discuss any concerns or questions you may have.