

Alcohol Screening Tool

AUDIT-C

Questions	Scoring system					Your score
	0	1	2	3	4	
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	
How many units of alcohol do you drink on a typical day when you are drinking?	1-2	3-4	5-6	7-9	10+	
How often have you had 6 or more units if female, or 8 or more if male, on a single occasion in the last year?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily	

Scoring:

A total of 5+ indicates increasing or higher risk drinking.
An overall total score of 5 or above is AUDIT-C positive.

Score:

This is one unit...



Half pint of regular beer, lager or cider



1 very small glass of wine (9%)



1 single measure of spirits



1 small glass of sherry



1 single measure of aperitifs

...and each of these is more than one unit



A pint of regular beer, lager or cider



A pint of 'strong premium' beer, lager or cider



Alcopop or a 275ml bottle of regular lager



440ml can of 'regular' lager or cider



440ml can of 'super strength' lager



250ml glass of wine (12%)



Bottle of wine (12%)

Practitioner Guidance Notes

Alcohol Screening Tool: AUDIT-C

If the young person you are with is drinking alcohol you can use the AUDIT-C screening tool to find out with them what their pattern of drinking is. This tool can be used to explore drinking patterns with young people from the age of 12 upwards depending on their maturity.

AUDIT-C is validated as a screening tool for young people over the age of 15.

Next steps

Under 5 – Provide alcohol education and continue to offer universal or low level support.

Over 5 – If you have been trained in Alcohol Brief Interventions carry out a brief advice or an extended intervention as appropriate; the tools you need can be found on the SDAP website.

Consider seeking advice from the specialist Young People substance use service with a view to signposting and referral.
