



Alcohol Use Disorders Identification Test (AUDIT)

<i>Client Name</i>	Generic Client	<i>Date administered</i>	16 Aug 2024
<i>Date of birth (age)</i>	9 Aug 1998 (26)	<i>Time taken</i>	49s
<i>Assessor</i>	Dr Mandira Mishra		

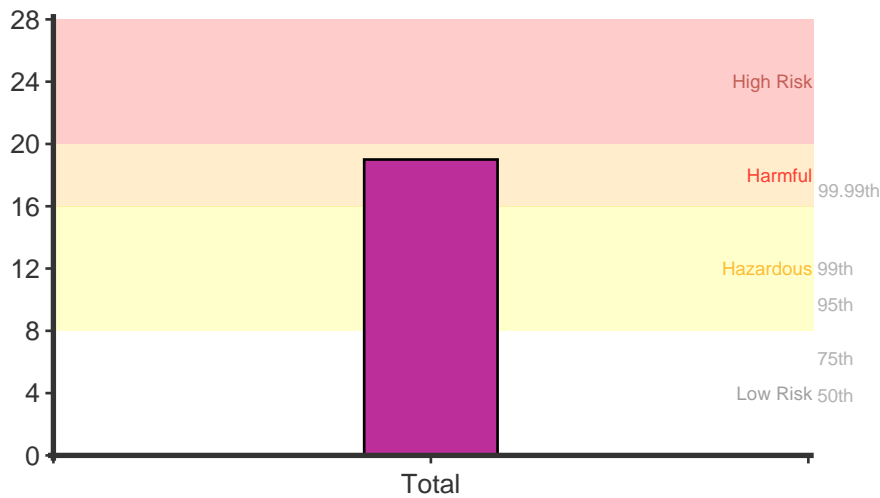
Results

	Score	Percentile	Descriptor
Total Score (0 to 40)	19	99.9	Harmful

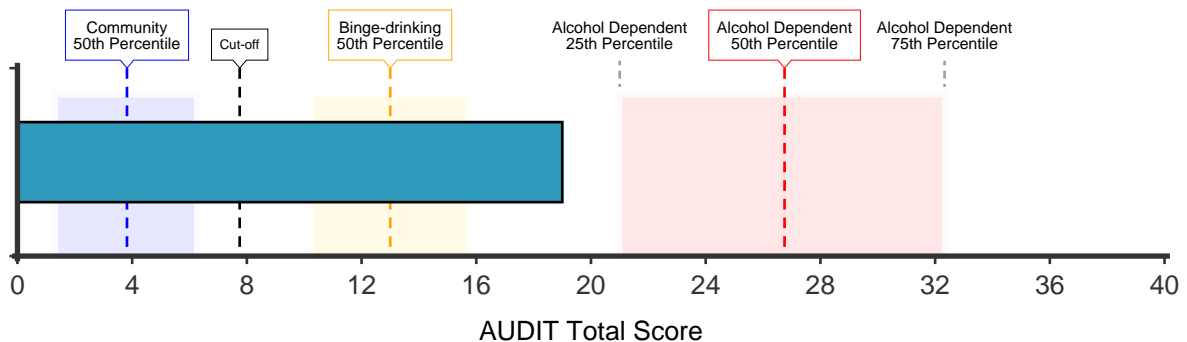
Categories

	Raw Score	Average Score (0-4)	Descriptor
Likelihood of hazardous health impacts (0 to 12)	5	1.7	Harmful
Dependence symptoms (0 to 12)	5	1.7	Harmful
Behavioural or social problems (0 to 16)	9	2.3	High Risk

Total AUDIT Score



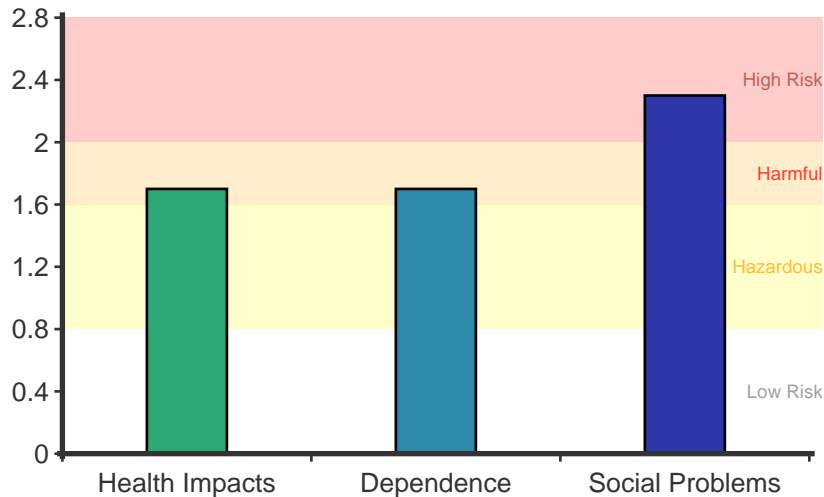
Score Compared to Community, Binge-Drinking, and Alcohol Dependent Populations





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Average AUDIT Subscale Scores



Interpretation

This client scored 4 (average score 1.3) or more for dependency, which suggests the possibility of alcohol use disorder.

Based on an AUDIT Score of between 16 - 19, the respondent was found to be in the **Harmful** range, indicating that they have a significant risk associated with alcohol consumption that could lead to serious health issues. Possible interventions include:

- Brief Intervention is a minimum requirement
- Assessment for more intensive intervention.
- Counselling using CBT principles and motivational interviewing in individual sessions and/or in groups.
- Follow-up and referral where necessary.

Despite a score in the Harmful zone, the respondent did not seem to fully acknowledge the difficulty they had with drinking, with the response below:

- 12. *In the next 3 months, how difficult would you find it to cut down or stop drinking? (Fairly easy)*

Scoring and Interpretation Information

For comprehensive information on the AUDIT, [see here](#).

Total scores range from 0 to 40, with higher scores indicating a greater likelihood of hazardous and harmful drinking. Scoring is computed by adding scores (0 – 4) on questions 1 to 8, and questions 9 and 10 scored 0, 2, or 4 points. Questions 11 and 12 are not scored.

Risk levels are categorised using qualitative descriptors based on the following total scores:

- Low Risk (0 to 7 for total score, or 0 to 0.7 for average score): indicates that the individual's alcohol consumption (if any) is generally safe and unlikely to cause harm.



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Scoring and Interpretation Information (cont.)

-Hazardous (8 to 15 for total score or 0.8 to 1.5 for average score): indicates a moderate level of alcohol use that may pose risks to health and well-being.

-Harmful (16 to 19 for total score and 1.6 to 1.9 for average score): indicates a significant risk associated with alcohol consumption that could lead to serious health issues.

-High Risk (20 + for total score or 2+ for average score): indicates a severe level of alcohol use, requiring immediate intervention to prevent substantial harm to health and functioning.

Scores are also presented as a percentile compared to a sample of individuals from the community without an alcohol addiction (Moussas et al., 2009). A percentile of 50 indicates a typical score for someone from the general public, with higher percentiles indicating high severity. Percentiles of 81 and below (raw score of 7) indicate no drinking problem.

Total scores of 8 or more are recommended as indicators of hazardous and harmful alcohol use. However, a score of 8 or more will only be sensitive to 59% of individuals who actually have drinking problems (Bush et al, 1998). For women, a cut score of 8 on the AUDIT accurately identifies 73% who are at-risk drinkers (positive predictive value, or PPV = 0.73) and correctly rules out 77% of those who are not at risk (negative predictive value, or NPV = 0.77). For men, the assessment shows higher effectiveness, accurately identifying 91% of at-risk drinkers (PPV = 0.91) and correctly ruling out 86% of those who are not at risk (NPV = 0.86) (Demartini & Casey, 2012).

When looking at individual responses the questions can be conceptualised using the following three categories:

-Hazardous health impacts (questions 1, 2 & 3): Higher scores indicate more risk of negative health effects associated with alcohol use.

-Dependence symptoms (questions 4, 5 & 6): Higher scores indicate a greater presence of behaviours consistent with alcohol dependence.

-Behavioural or social problems of use (questions 7, 8, 9 & 10): Higher scores indicate more significant behavioural or social issues arising from alcohol use.

A raw score above 4 (average score 1.3) on the Dependence subscale indicates that the client may have alcohol dependency.

The last two questions help with managing self-beliefs about drinking problems and self-perceived difficulties in stopping or reducing drinking levels within the next 3 months.

The horizontal graph presents the total score in comparison to community, binge-drinking, and alcohol dependence distributions, with shaded areas around the two middle quartiles (between the 25th and 75th percentile). The binge-drinking distribution represents scores from individuals who have engaged in binge drinking in the last month. The alcohol dependence distribution represents individuals diagnosed with alcohol dependence and who are presenting for inpatient admission (Moussas et al., 2009). This graph helps contextualise patterns of responding in comparison to the distribution of responses among community and binge drinking samples and those with a diagnosis of alcohol addiction (Moussas et al., 2009).



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Scoring and Interpretation Information (cont.)

Alcohol intake is intricately linked to various mental health conditions and life outcomes, often creating a cycle of adverse effects. High levels of alcohol consumption can exacerbate symptoms of anxiety, depression, and other mental disorders, leading to a decline in overall mental well-being (Boschloo et al., 2012). Conversely, individuals struggling with mental health issues may turn to alcohol as a coping mechanism, resulting in increased consumption and dependency (Almeida-Filho et al., 2007). This cycle can significantly impact life outcomes, including deteriorating relationships and decreased work performance (Thorisson et al., 2019).

Client Responses

1	How often do you have a drink containing alcohol?					
	0 Never					
	1 Monthly or less					
	2 2-4 times a month					
	3 2-3 times a week					
	4 4 or more times a week					
2	How many drinks containing alcohol do you have on a typical day when you are drinking?					
	0 0 or 2					
	1 3 or 4					
	2 5 or 6					
	3 7 to 9					
	4 10 or more					
		Never	Less than monthly	Monthly	Weekly	Daily or almost daily
3	How often do you have six or more drinks on one occasion ?	0	1	2	3	4
4	How often during the last year have you found that you were not able to stop drinking once you had started?	0	1	2	3	4
5	How often during the last year have you failed to do what was normally expected of you because of drinking?	0	1	2	3	4
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 ?	0	1	2	3	4
7	How often during the last year have you had a feeling of guilt or remorse after drinking?	0	1	2	3	4
8	How often during the last year have you been unable to remember what happened the night before because of your drinking?	0	1	2	3	4
9	Have you or someone else been injured because of your drinking?					
	0 No					
	2 Yes, but not in the last year					
	4 Yes, during the last year					



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Client Responses (cont.)

10 Has a relative, friend, doctor, or other health care worker been concerned about your drinking or suggested you cut down?

- 0 No
- 2 Yes, but not in the last year
- 4 Yes, during the last year**

	No	Probably Not	Unsure	Possibly	Definitely
11 Do you think you presently have a problem with drinking?	0	1	2	3	4
	Very easy	Fairly easy	Neither difficult nor easy	Fairly difficult	Very difficult
12 In the next 3 months, how difficult would you find it to cut down or stop drinking?	0	1	2	3	4