

AUDIT-C ASSESSMENT TOOL

The AUDIT-C assessment tool¹ can be used to provide a quick assessment of how much and often a woman is drinking alcohol. AUDIT-C is the first three questions of the longer AUDIT tool, which is a more comprehensive assessment of problem drinking. Both tools are internationally recognised and widely used.

Questions	0	1	2	3	4	Score
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 drinks containing alcohol do you have on a typical day when you are drinking?	1 or 2	3 or 4	5 or 6	7 to 9	10 or more	
3. How often do you have six or more drinks on one occasion?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily	
					Total	

Scoring and interpreting AUDIT-C

Add the scores (shown in the top line) for each of the three questions for a total score out of 12. The following total scores provide an indication of whether to advise no alcohol use and/or refer the woman to a specialist addiction treatment service. They are a guide only.

0-3 Low-risk drinking (advise no use)

4-5 Moderate-risk drinking (advise no use and use professional judgement to consider referral to a specialist addiction service)

≥ High-risk drinking (definite referral to a specialist addiction service)

There is no known safe level of alcohol use at any stage of pregnancy.

Acknowledgement: This reproduction of the AUDIT-C assessment tool has been extracted from the Ministry of Health's 2010 publication *Alcohol and Pregnancy: A practical guide for health professionals*.

ⁱ World Health Organization (2001). AUDIT: *The Alcohol Use Disorders Identification Test: Guidelines for use in primary care*. Geneva: World Health Organization.