

Alcohol Use Self-Check Tool

Alcoholism, also known as alcohol use disorder (AUD), is a type of substance use disorder that specifically involves alcohol. It means having difficulty cutting back on drinking, continuing to drink despite negative effects, or feeling strong urges to drink. Like other substance use disorders, it exists on a range from mild to severe and is treatable with the right care.

About this tool

The **Alcohol Use Disorders Identification Test (AUDIT)** is a confidential online screening tool that can help you reflect on your alcohol use and understand whether it may be affecting your health and well-being.

The AUDIT tool does not replace care from a medical professional and is not a diagnosis. You can share your results with a doctor or health care provider to better understand what they mean.

How to complete the screening

1. Visit <https://auditscreen.org/check-your-drinking/> to complete the AUDIT screening tool.
2. You will be asked a series of questions about your alcohol use. Choose the answers that best match your experiences.
3. When you complete the assessment, you'll see your score along with suggested actions you can take.

Interpreting your score

A total score of 8 or higher may indicate risky or harmful alcohol use.

- **Score of 0-7:** You are at low risk, and your drinking is likely within safe limits.
- **Score of 8-15:** Your drinking is considered hazardous and may be putting your health at risk. Consider cutting back.
- **Score of 16-19:** Your drinking is causing harm to yourself or others, and you may need professional help to stop.
- **Score of 20 or higher:** You may have alcohol dependence and should speak with your doctor or a health care provider for assessment and support.

What to do next

Review your results with your doctor or health care provider. Depending on the amount you drink, you may need medical care to stop drinking safely. Together, you can decide what steps make sense to you. This might include:

- Learning ways to cut back
- Setting healthy goals
- Getting medical treatment or support

Source: World Health Organization (WHO). (2001). *The Alcohol Use Disorders Identification Test (AUDIT): Guidelines for Use in Primary Care*. (WHO/MSD/MSB/01.6a). World Health Organization.

For more mental health educational resources, visit depressioncenter.org/toolkit.

This document provides general educational information developed by the Eisenberg Family Depression Center. It is not a substitute for professional medical advice. Please consult your health care provider if you have questions about your health or treatment options.