

ALCOHOL CHECK



The purpose of Alcohol Check is to provide you with some useful information and practical tips around alcohol. It should only take about 10-15 minutes to complete.

WORKER'S NOTES

This tool is designed to help guide a conversation with someone who has concerns about their alcohol use. It is not intended to replace a full clinical intervention.

Please consider all risk, safety, consent and confidentiality before commencing. If now is not a good time, this resource can be taken away and read at a later date. A guide to using this tool can be found at www.insight.qld.edu.au

START HERE!



1 LET'S LEARN A LITTLE ABOUT DRINKING AND YOU...

NAME:

DATE:

THIS BRIEF QUESTIONNAIRE IS CALLED THE AUDIT-C

1. 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
SCORE	0	1	2	3	4

Alcohol is measured by a "standard drink" which is 10 grams of alcohol. It usually takes your liver about one hour to process a standard drink.

Let's use the table below to work out how many standard drinks you consume on a typical day...

(Please note: the table below contains approximate measures only)

Beer / Cider						Wine / Sparkling			Spirits		
Light Beer (2.7%)		Mid-strength Beer (3.5%)		Full-strength Beer / Cider (5%)		150mL Glass (12%)	700mL Bottle (12%)	2L Cask (12%)	Shot (40%)	375mL Premix (5%)	700mL Bottle (40%)
Pot	Stubbie	Pot	Stubbie	Pot	Stubbie						
0.6	0.8	0.8	1.0	1.1	1.5	1.5	7	20	1	1.5	22
Total Standard Drinks (multiply standard drinks by number of drinks per day)											

2. How many standard drinks of alcohol do you drink on a typical day when you are drinking?	0-2 drinks	3-4 drinks	5-6 drinks	7-9 drinks	10+ drinks
SCORE	0	1	2	3	4
3. How often do you have 5 or more standard drinks on one occasion?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily
SCORE	0	1	2	3	4

Add up the 3 scores in the yellow boxes here for your overall score:

WHAT DOES YOUR OVERALL SCORE MEAN?

0-3 LOW RISK	4-5 MODERATE RISK	5+ HIGH RISK
You are either a non-drinker or drink at low risk levels.	Your drinking may be causing some harm to your health and wellbeing.	Your drinking is causing harm to your health and wellbeing.