

Alcohol awareness risk assessment

1. How often do you have a drink containing alcohol?

- Never – 0 points
- Monthly or less – 1 point
- 2 to 4 times a month – 2 points
- 2 to 3 times a week – 3 points
- 4 or more times a week – 4 points

2. How many drinks containing alcohol do you have on a typical day when you are drinking?

- 1 or 2 – 0 points
- 3 or 4 – 1 point
- 5 or 6 – 2 points
- 7, 8, or 9 – 3 points
- 10 or More – 4 points

3. How often do you have six or more drinks on one occasion?

- Never – 0 points
- Less than monthly – 1 point
- Monthly – 2 points
- Weekly – 3 points
- Daily or almost daily – 4 points

4. How often during the last year have you found that you were not able to stop drinking once you had started?

- Never – 0 points
- Less than monthly – 1 point
- Monthly – 2 points
- Weekly – 3 points
- Daily or almost daily – 4 points

5. How often during the last year have you failed to do what was normally expected of you because of drinking?

- Never – 0 points
- Less than monthly – 1 point
- Monthly – 2 points
- Weekly – 3 points
- Daily or almost daily – 4 points

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?

- Never – 0 points
- Less than monthly – 1 point
- Monthly – 2 points
- Weekly – 3 points
- Daily or almost daily – 4 points

7. How often during the last year have you had a feeling of guilt or remorse after drinking?

- Never – 0 points
- Less than monthly – 1 point
- Monthly – 2 points
- Weekly – 3 points
- Daily or almost daily – 4 points

8. How often during the last year have you been unable to remember what happened the night before because of your drinking?

- Never – 0 points
- Less than monthly – 1 point
- Monthly – 2 points
- Weekly – 3 points
- Daily or almost daily – 4 points

9. Have you or someone else been injured because of your drinking?

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

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

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

Your total points:	
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0 to 7 points	Low Risk
8 to 15 points	Medium Risk
16 to 19 points	High Risk
20 to 40 points	Addiction Likely

Concerned about your score?

Reach out to a Health Advocate Licensed Counselor for support and guidance.

Sources:
Health Advocate Member Website
National Institute on Drug Abuse drugabuse.gov