

One Standard Drink is



Half pint of
regular beer,
lager or cider



1 small glass
of wine



1 single
measure
of spirits



1 small
glass of
sherry



1 single
measure
of aperitifs

The following quantities of alcohol contain more than 1 standard drink



Pint of Regular
Beer/Lager/Cider



Pint of Premium
Beer/Lager/Cider



Alcopop or
can/bottle of
Regular Lager



Can of Premium
Lager
or Strong Beer



Can of Super
Strength
Lager



Glass of Wine
(175ml)



Bottle of
Wine

Questions	Scoring system					Your score
	0	1	2	3	4	
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	
How many units of alcohol do you drink on a typical day when you are drinking?	1 - 2	3 - 4	5 - 6	7 - 9	10+	
How often have you had 6 or more units if female, or 8 or more if male, on a single occasion in the last year?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily	

Scoring:

A total of 5+ indicates increasing or higher risk drinking.
An overall total score of 5 or above is AUDIT-C positive.

