

## Drinkcheck

*Find out if you are drinking within safe limits by doing this questionnaire*

<b>1. How often do you have a drink containing alcohol?</b>				
0 never	1 monthly or less	2 once a week or less	3 2-4 times per week	4 5 or more times per week
<b>2. How many standard drinks of alcohol do you have on a typical day when you are drinking? (A standard drink = a middy of full strength beer, 100ml of wine, or 30ml of spirits. A stubbie of full strength beer = 1.5 standard drinks).</b>				
0 1	1 2	2 3 or 4	3 5 or 6	4 7 or more
<b>3. How often do you have 6 or more standard drinks on one occasion?</b>				
0 never	1 less than monthly	2 monthly	3 weekly	4 daily or almost daily
<b>4. How often during the last year have you found that you were not able to stop drinking once you had started?</b>				
0 never	1 less than monthly	2 monthly	3 weekly	4 daily or almost daily
<b>5. How often during the last year have you failed to do what was normally expected from you because of drinking?</b>				
0 never	1 less than monthly	2 monthly	3 weekly	4 daily or almost daily
<b>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?</b>				
0 never	1 less than monthly	2 monthly	3 weekly	4 daily or almost daily
<b>7. How often during the last year have you had a feeling of guilt or remorse after drinking?</b>				
0 never	1 less than monthly	2 monthly	3 weekly	4 daily or almost daily
<b>8. How often during the last year have you been unable to remember what happened the night before because you had been drinking?</b>				
0 never	1 less than monthly	2 monthly	3 weekly	4 daily or almost daily
<b>9. Have you or someone else been injured as a result of your drinking?</b>				
0 no		2 yes, but not in the last year		4 yes, during the last year
<b>10. Has a relative or friend or doctor or other health worker been concerned about your drinking or suggested you cut down?</b>				
0 no		2 yes, but not in the last year		4 yes, during the last year

## Drinkcheck Scores

*Add up your total score for the 10 items. Look at the table below to find out what your score indicates*

	Low Risk Drinking	Hazardous Drinking	Harmful Drinking
<b>Men</b>	0-6	7-14	15+
<b>Women</b>	0-5	6-12	13+

A score in the **Hazardous** range indicates that you are at risk of accidental injury, high blood pressure, sleep problems, depression, stress, aggression, family problems, reduced fitness, poor work performance and impotence.

A score in the **Harmful** range indicates that you are at risk of developing irreversible brain damage, memory loss, liver disease, and cancer.