

Drinkcheck

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

1. How often do you have a drink containing alcohol?				
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
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).				
0 1	1 2	2 3 or 4	3 5 or 6	4 7 or more
3. How often do you have 6 or more standard drinks on one occasion?				
0 never	1 less than monthly	2 monthly	3 weekly	4 daily or almost daily
4. How often during the last year have you found that you were not able to stop drinking once you had started?				
0 never	1 less than monthly	2 monthly	3 weekly	4 daily or almost daily
5. How often during the last year have you failed to do what was normally expected from you because of drinking?				
0 never	1 less than monthly	2 monthly	3 weekly	4 daily or almost daily
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?				
0 never	1 less than monthly	2 monthly	3 weekly	4 daily or almost daily
7. How often during the last year have you had a feeling of guilt or remorse after drinking?				
0 never	1 less than monthly	2 monthly	3 weekly	4 daily or almost daily
8. How often during the last year have you been unable to remember what happened the night before because you had been drinking?				
0 never	1 less than monthly	2 monthly	3 weekly	4 daily or almost daily
9. Have you or someone else been injured as a result of your drinking?				
0 no		2 yes, but not in the last year		4 yes, during the last year
10. Has a relative or friend or doctor or other health worker been concerned about your drinking or suggested you cut down?				
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
Men	0-6	7-14	15+
Women	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.