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Personal Questions Concerning Alcohol Consumption

**ANSWER THESE QUESTIONS
TO FIND OUT HOW MUCH
YOUR ALCOHOL INTAKE
AFFECTS YOU AND WHAT
THE RELATED RISKS ARE.**



MARK THE ALTERNATIVE WHICH IS CLOSEST TO YOUR OWN SITUATION.

How much?

1

How often do you have a drink containing alcohol?

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

2

How many **drinks** do you have on a typical day when you drink?
(In standard drinks; see table below.)

- 0 1-2
- 1 3-4
- 2 5-6
- 3 7-9
- 4 10 or more

3

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

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

Did you overdo it?

4

During the last year how often have you found that you could not stop drinking once you started?

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

ONE STANDARD DRINK:

One bottle	(33 cl)	of medium beer or cider (max 4.7% vol.)
One glass	(12 cl)	of table wine (12% vol.)
One small glass	(8 cl)	of fortified wine (16-22% vol.)
One restaurant measure	(4 cl)	of spirits (35-40% vol.)

EXAMPLES:

0.5 l	of medium beer or cider equals	1.5 units (max 4,7% vol.)
0.5 l	of strong beer or cider equals	2 units (5-8% vol.)
0.75 l	bottle of table wine equals	6 units (12% vol.)
0.5 l	bottle of spirits equals	13 units (35-40% vol.)

Work left undone?

5

During the last year how often have you failed to do what was normally expected of you because of drinking?

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

Do you have to jump-start your day?

6

During the last year how often have you needed a first drink in the morning to get going after a heavy drinking session?

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

Did you feel bad in the morning?

7

During the last year how often 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

Blackout?

8

During the last year how often have you been unable to remember what happened the night before because of drinking?

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

Did you hurt yourself or others?

9

Have you or has 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

Has anyone said anything about your drinking?

10

Has a relative, a friend, a 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

ADD UP THE POINTS FOR EACH QUESTION TO SEE YOUR OWN PERSONAL SCORE.

My score _____ Date _____

YOUR DRINKING RISKS ARE

0 – 7	LOW
8 – 10	SLIGHTLY INCREASED
11 – 14	NOTICEABLY INCREASED
15 – 19	HIGH
20 – 40	VERY HIGH

- Is it time to make a change? If your risks are elevated, or if you have more than six units of alcohol at one time every week it's time to take action.
- Take a moment to think about how you could change your present alcohol consumption. What would you gain by this change? Do you want to moderate your drinking? Would it be better to quit drinking altogether?
- Are you alarmed by your test results? Remember that if you moderate your drinking habits, most or all of the damage already caused by alcohol will generally lessen in time or even be repaired completely.
- If you decide to moderate your drinking or quit altogether, you can do it on your own and succeed. Take the test again after a few months to review your progress.
- Consult an expert – you have a right to know! Especially if your score is more than ten, it is a good idea to make an appointment with a doctor, for example at a health centre. Find out how alcohol is affecting you and your health. You can get help to either moderate your drinking or quit for good.

Based on the Audit questionnaire of WHO.

**Alcohol
Programme**

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