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AUDIT QUESTIONNAIRE: SCREEN FOR ALCOHOL MISUSE¹

Please circle the answer that is correct for you

1. How often do you have a drink containing alcohol?
 - Never
 - Monthly or less
 - 2-4 times a month
 - 2-3 times a week
 - 4 or more times a week

2. How many standard drinks containing alcohol do you have on a typical day when drinking?
 - 1 or 2
 - 3 or 4
 - 5 or 6
 - 7 to 9
 - 10 or more

3. How often do you have six or more drinks on one occasion?
 - Never
 - Less than monthly
 - Monthly
 - Weekly
 - Daily or almost daily

4. During the past year, how often have you found that you were not able to stop drinking once you had started?
 - Never
 - Less than monthly
 - Monthly
 - Weekly
 - Daily or almost daily

5. During the past year, how often have you failed to do what was normally expected of you because of drinking?
 - Never
 - Less than monthly
 - Monthly
 - Weekly
 - Daily or almost daily

CONT'D

6. During the past year, how often have you needed a drink in the morning to get yourself going after a heavy drinking session?
 - Never
 - Less than monthly
 - Monthly
 - Weekly
 - Daily or almost daily

7. During the past year, how often have you had a feeling of guilt or remorse after drinking?
 - Never
 - Less than monthly
 - Monthly
 - Weekly
 - Daily or almost daily

8. During the past year, have you been unable to remember what happened the night before because you had been drinking?
 - Never
 - Less than monthly
 - Monthly
 - Weekly
 - Daily or almost daily

9. Have you or someone else been injured as a result of your drinking?
 - No
 - Yes, but not in the past year
 - Yes, during the past year

10. Has a relative or friend, doctor or other health worker been concerned about your drinking or suggested you cut down?
 - No
 - Yes, but not in the past year
 - Yes, during the past year

Scoring the audit:

Scores for each question range from 0 to 4, with the first response for each question (eg never) scoring 0, the second (eg less than monthly) scoring 1, the third (eg monthly) scoring 2, the fourth (eg weekly) scoring 3, and the last response (eg. daily or almost daily) scoring 4. For questions 9 and 10, which only have three responses, the scoring is 0, 2 and 4 (from left to right).

A score of 8 or more is associated with harmful or hazardous drinking, a score of 13 or more in women, and 15 or more in men, is likely to indicate alcohol dependence.

1Saunders JB, Aasland OG, Babor TF et al. Development of the alcohol use disorders identification test (AUDIT): WHO collaborative project on early detection of persons with harmful alcohol consumption — II. *Addiction* 1993, 88: 791–803.

The Value of Screening for Adults With ADHD

Research suggests that the symptoms of ADHD can persist into adulthood, having a significant impact on the relationships, careers, and even the personal safety of your patients who may suffer from it.¹⁻⁴ Because this disorder is often misunderstood, many people who have it do not receive appropriate treatment and, as a result, may never reach their full potential. Part of the problem is that it can be difficult to diagnose, particularly in adults.

The Adult ADHD Self-Report Scale (ASRS-v1.1) Symptom Checklist was developed in conjunction with the World Health Organization (WHO), and the Workgroup on Adult ADHD that included the following team of psychiatrists and researchers:

- Lenard Adler, MD
Associate Professor of Psychiatry and Neurology
New York University Medical School
- Ronald C. Kessler, PhD
Professor, Department of Health Care Policy
Harvard Medical School
- Thomas Spencer, MD
Associate Professor of Psychiatry
Harvard Medical School

As a healthcare professional, you can use the ASRS v1.1 as a tool to help screen for ADHD in adult patients. Insights gained through this screening may suggest the need for a more in-depth clinician interview. The questions in the ASRS v1.1 are consistent with DSM-IV criteria and address the manifestations of ADHD symptoms in adults. Content of the questionnaire also reflects the importance that DSM-IV places on symptoms, impairments, and history for a correct diagnosis.⁴

The checklist takes about 5 minutes to complete and can provide information that is critical to supplement the diagnostic process.

References:

1. Schweitzer JB, et al. *Med Clin North Am.* 2001;85(3):10-11, 757-777.
2. Barkley RA. *Attention Deficit Hyperactivity Disorder: A Handbook for Diagnosis and Treatment.* 2nd ed. 1998.
3. Biederman J, et al. *Am J Psychiatry.*1993;150:1792-1798.
4. American Psychiatric Association: *Diagnostic and Statistical Manual of Mental Disorders, Fourth Edition, Text Revision.* Washington, DC, American Psychiatric Association. 2000: 85-93.