

Answer the following questions	Circle your answer					Add up Your score
	0	1	2	3	4	
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	
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 - 8	10+	
How often during the last year 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	
How often during the last year have you failed to do what was normally expected from you because of your drinking?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily	
How often during the last year have you needed an alcoholic drink in the morning to get yourself going after a heavy drinking session?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily	
How often during the last year have you had a feeling of guilt or remorse after drinking?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily	
How often during the last 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	
Have you or somebody else been injured as a result of your drinking?	No		Yes, but not in the last year		Yes, during the last year	
Has a relative or friend, doctor or other health worker been concerned about your drinking or suggested that you cut down?	No		Yes, but not in the last year		Yes, during the last year	
TOTAL SCORE						

What's in a unit...?

A half pint of regular beer, 1 very small glass of wine or a single measure of spirits

A pint or can of weaker beer is 2 units, stronger beer is 3–4 units. An alcopop is 1.5 units. A large glass of wine is 3 units, a bottle is 9 units

What targets should you aim for?

Men

Should not regularly drink more than 3-4 units of alcohol per day.

Women

Should not regularly drink more than 2-3 units of alcohol per day.

Men and Women should not regularly drink more than 14 units a week.

What does my total score mean?

Score 0-7: Lower risk

You are drinking within recommended limits. There's a reduced risk of heart disease but only for men over 40 and post menopausal women.

Score 8-15: Increasing Risk - more than 3-4 (men) 2-3 (women) units a day on a regular basis

You are at increasing risk of low energy, memory loss, relationship problems, depression, insomnia, impotence, injury, high blood pressure, liver disease, cancer and alcohol dependence.

Score 16-19: Higher Risk – more than 8 (men) 6 (women) units per day on a regular basis or more than 50 (men) 35 (women) units per week

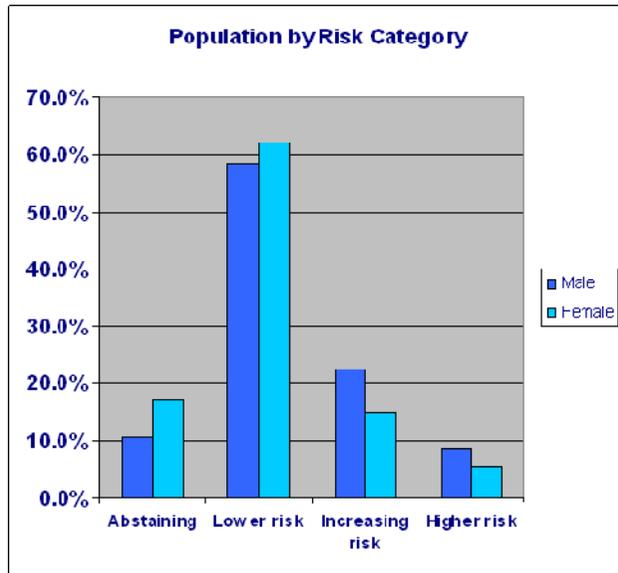
You are at a higher risk of the same problems listed above

Score 20+: High Risk

You have scored as a high risk drinker and may be alcohol dependent. Specialist alcohol services can help you tackle this problem.

What's everyone else like?

% of Adult Population



The benefits of cutting down Psychological/Social/Financial

Improved mood
Improved relationships
Reduced risk of drink driving
Save money

Physical

Sleep better
More energy
Lose weight
No hangovers
Reduced risk of injury
Improved memory
Reduced risk of unsafe sex, STIs and unwanted pregnancy
Reduced risk of high blood pressure
Reduced risk of cancer
Reduced risks of liver disease
Reduced risks of brain damage.

If you are pregnant or trying to conceive, it is recommended that you avoid drinking, but if you do drink, it should be no more than 1-2 units once or twice a week

Want to drink less?

If you think your drinking is affecting your sexual health, then you can speak to any of our clinical team for advice. More information, advice and support is available from [Drink Aware](#), [Down Your Drink](#), [London Friend \(LGBT\)](#) or your [local NHS](#) service.

Tips for cutting down

- Have an alcohol-free day once or twice a week and for 48 hours after a heavy session Plan activities and tasks at those times you would usually drink
- When bored or stressed have a workout instead of drinking
- Explore other interests such as cinema, exercise etc
- Avoid going to the pub after work
- Have your first drink after starting to eat Quench your thirst with non-alcohol drinks before and in-between alcoholic drinks Avoid drinking in rounds or large groups Switch to low alcohol beer/larger
- When you do drink, set yourself a limit and stick to it
- Avoid or limit time spent with "heavy" drinking friends.

Making your plan—what could you try?

1. _____
2. _____
3. _____

Leaflet based on Drink Less materials originally developed at the University of Sydney as part of a W.H.O collaborative study.

Alcohol Information Leaflet

