

Alcohol Misuse
Alcohol Use Disorders Identification Test (AUDIT) – Short Form
Adapted from Babor, de la Fuente, Saunders, & Grant, 1992

The Alcohol Use Disorders Identification Test (AUDIT) is a widely-used measure designed by the World Health Organization that assesses problematic alcohol use. The original 10-item version has three subscales: hazardous alcohol use, dependence symptoms, and dangerous alcohol use. The AUDIT-Short Form (AUDIT-SF) was developed by the Life Paths Research Program and reduces the length of the AUDIT to five items. These items assess drinking frequency, amount consumed in a typical day of drinking, frequency of binge drinking, frequency of memory blackouts due to alcohol, and whether someone has expressed concern over the respondent's drinking habits. These items capture heavy problematic alcohol usage but provide less information on the distinction between abuse and dependency, which was not a main concern of the Life Paths study.

Development and validation of measure in pilot study and main sample: To establish reliability and validity for new and adapted items, we conducted a pilot study with 104 participants from the same community as the main sample, recruited through a local email classifieds list and word-of-mouth. In the main sample of over 2500 participants, we conducted domain-level factor analyses for all outcome measures. All five items used in the main survey loaded onto the same factor. Internal consistencies (coefficient alphas) for the pilot and main samples are 0.83 and 0.78, respectively. Validity was established in the main sample with moderate negative correlations with other outcome measures, such as Subjective Well-Being ($r = -.43$) and the Awe Index ($r = -.47$), as well as Honesty ($r = -.33$) and the Psychological Endurance Scale ($r = -.42$).

Scoring: The scale score is the sum of the raw scores for each item. Participants who reported no alcohol use were given a score of 0 (note that our survey program did not allow zero as a response category so this is a re-code). Higher sum scores indicate more problematic alcohol use.

Adapted from: Babor T. F., de la Fuente, J. R., Saunders J., Grant M. (1992). *The Alcohol Use Disorders Identification Test: Guidelines for use in primary health care.* (WHO Publication No. 92.4). World Health Organization, Geneva, Switzerland.

Life Paths version: Hamby, S., Grych, J., & Banyard, V. L. (2015). *Life Paths measurement packet: Finalized scales.* Sewanee, TN: Life Paths Research Program. <http://www.lifepathsresearch.org/strengths-measures/>

Now I am going to ask you some questions about your use of alcoholic beverages during the past year.

1. How often do you have a drink containing alcohol?

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	5

[SKIP remaining questions if report never drinking alcohol]
2. How many drinks containing alcohol do you typically have when you are drinking?

1 or 2	1
3 or 4	2
5 or 6	3
7, 8, or 9	4
10 or more	5
3. How often do you have six or more drinks on one occasion?

Never	1
Less than monthly	2
Monthly	3
Weekly	4
Daily or almost daily	5
4. How often during the last year have you been unable to remember what happened the night before because you had been drinking?

Never	1
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- Less than monthly 2
- Monthly 3
- Weekly 4
- Daily or almost daily 5

5. Has a relative, friend, or doctor or another health professional ever expressed concern about your drinking or suggested you cut down?

- No 1
- Yes, but not in the last year 2
- Yes, during the last year 3