

Alcohol Use Self-Assessment

Use the self-assessment below to calculate your score, further information & advice can be found on Page 2.

Questions	Scoring System					Your Score
	0	1	2	3	4	
How often do you have a drink containing alcohol?	Never	Monthly or less	2 to 4 times a month	2 to 3 times a week	4 or more times a week	
How many units of alcohol do you have on a typical day when you're drinking?	0 to 2	3 to 4	5 to 6	7 to 9	10 or more	
How often do you have 6 or more units on one occasion?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily	
How often during the past 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 past year have you failed to do what was normally expected from you because of drinking? E.g. missing work, or cancelling pre-made commitments?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily	
How often during the past year have you had an alcoholic drink in the morning to get yourself going?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily	
How often during the past the year have you had a feeling of guilt or remorse after drinking? E.g. saying or doing things you later regret?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily	
How often 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	
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, friend, doctor or health worker been concerned about your drinking or suggested you cut down?	No		Yes, but not in the last year		Yes, during the last year	
Total score						

One unit of alcohol



Half pint of "regular" beer, lager or cider



Half a small glass of wine



1 single measure of spirits



1 small glass of sherry



1 single measure of aperitifs

Drinks more than a single unit



Pint of "regular" beer, lager or cider



Pint of "strong" or "premium" beer, lager or cider



Alcopop or a 275ml bottle of regular lager



440ml can of "regular" lager or cider



440ml can of "super strength" lager



250ml glass of wine (12%)



75cl Bottle of wine (12%)

Understanding Your Score

0-7	8-19	20+
<p style="text-align: center;">You're a lower risk drinker</p> <p>If you're otherwise healthy, you're unlikely to experience any harm because of your drinking.</p> <p>If you have existing health problems, talk to your GP. They can explain how alcohol may affect your condition or interact with any medications you take.</p> <p>If you're pregnant or trying to get pregnant, current advice is not to drink any alcohol as it can damage the foetus.</p>	<p style="text-align: center;">You're drinking at an increasing risk level that may already be causing you harm</p> <p>The recommended maximum limits are 2 to 3 units daily with a couple of alcohol free days weekly. You would benefit from cutting down and might find the following tips helpful:</p> <ul style="list-style-type: none"> • work out a daily limit and stick to it • change to a lower percentage alcohol drink • try non-alcoholic beers, wines or spirits • make sure you eat before starting to drink • keep a record of your drinking • tell friends & family you are cutting down • avoid buying alcohol in rounds or letting someone top up your glass • change your routine • add in other activities, physical activity is especially helpful • start drinking later & finish earlier • drink a glass of water between alcoholic drinks <p>You can find useful apps at https://islandliving.orchahealth.com/</p> <p>Jersey Talking Therapies (JTT) can help people to cut down their alcohol use. Ask your GP to refer you to their service.</p> <p>If you need more intensive support you can contact or self-refer free of charge to the Alcohol & Drug Service on +44 (0) 1534 445000.</p>	<p style="text-align: center;">You are drinking at a very high risk level</p> <p>Your answers suggest you are already experiencing problems. You may have a physical dependence on alcohol & would benefit from cutting down.</p> <p>It's important that you get advice before stopping or reducing your drinking. This is because people with a physical dependence on alcohol can experience withdrawal symptoms. These can be dangerous & even life threatening.</p> <p>Speak to your GP or contact the Alcohol & Drug Service on +44 (0) 1534 445000</p>

Lower-risk guidelines are 2 to 3 units daily with a couple of alcohol-free days each week & no more than 14 units per week. The drink diary below can help keep track of your drinking patterns.

	Mon	Tues	Wed	Thu	Fri	Sat	Sun
Morning							
Afternoon							
Evening							
Total daily drinks/units							
Total weekly drinks/units							