

Cornwall and Isles of Scilly Alcohol Screening and Brief Interventions Pathway

Screening using the Alcohol Use Disorders Identification Test (AUDIT) is the most evidenced based intervention to prevent, identify and support problem drinking.

Practitioners should ask the first 3 questions (AUDIT-C) then if the score is **5 or more** ask the second set of seven questions (full AUDIT) using the tables below or the online version of [AUDIT](#). The table on page 2 will guide your response based on the score. This [Units calculator](#) may be useful.

Question	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 per month	2 to 3 times per week	4 or more times per week	
How many units of alcohol do you drink on a typical day when drinking?	0 to 2	3 to 4	5 to 6	7 to 9	10 or more	
How often have you had 6+ units (female) or 8+ units (male) on one occasion in the last year?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily	

Question	Scoring System					Your Score
	0	1	2	3	4	
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 a drink in the morning to get going after a heavy 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 of your drinking?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily	
Have you or someone else been injured as a result of your drinking?	No		Yes, not in last year		Yes, during last year	
Has a relative, friend, or health worker expressed concern or suggested cutting down?	No		Yes, not in last year		Yes, during last year	

	Score	Risk level	Intervention
First 3 Qs (AUDIT-C)	0-4	Lower risk	Positive reinforcement. Keep up the good work, explain benefits to health.
First 3 Qs (AUDIT-C)	5+	Possible Increasing or higher risk	Ask the next 7 questions ideally at the time or a follow-up session. Explain risks to health and benefits of drinking less. Share tips to cut down , set some goals and make a plan. Support and encourage at any follow-on sessions.
Full AUDIT	0-7	Lower risk	Positive reinforcement. Keep up the good work, benefits to health.
Full AUDIT	8-15	Increasing risk	Explain risks to health and benefits of drinking less. Share tips to cut down , set some goals and make a plan. Support and encourage at any follow-on sessions. No referral to specialist support needed but consider vulnerabilities or make a referral if those scoring 13-15 are struggling to cut down later on.
Full AUDIT	16-19	Higher risk	Discuss current health risks associated with high-risk alcohol use and highlight the potential benefits of reducing intake , including improvements in physical and mental health, sleep and relationships. Emphasise future risks of continued drinking at this level, including increased likelihood of developing alcohol-related physical and cognitive conditions. Refer to specialist local support in Cornwall and the Isles of Scilly: <i>With You – 0333 2000 325 or online chat: With You</i> Use a Motivational Interviewing* approach to explore readiness for change. Listen for signs of uncertainty or self-motivation and build on these. Avoid relying on the misconception that motivation must be present before referral — support can foster motivation . If the individual declines a referral, contact With You for professional advice . They can guide you on how best to support the person, even if they are not yet ready to engage. Arrange follow-up appointments to monitor progress, offer continued support for lifestyle changes, and revisit the conversation about accessing specialist help.
Full AUDIT	20+	Possible dependence	Essential to refer, do not just sign-post. Follow-up in future appointments offering to support lifestyle changes and encourage engagement. Contact With You for professional advice if the person does not want to be referred. They can support you to support the person.

* Motivational Interviewing Training is available through the [Safer Cornwall Training Programme](#)