

ALCOHOL MOT PART ONE



Is your drinking putting you at risk?

Most adults who live in Northern Ireland drink some alcohol. Many drink at a level that does not put their health at risk, and if you drink, you may think you are one of them. To find out for sure, use the alcohol unit guide to answer the three questions below.

ALCOHOL UNITS GUIDE



Pint of beer (4%)
= 2.3 units



Pint of cider (5%)
= 2.8 units



Alcopop (5%/275ml)
= 1.4 units



Can/bottle of beer (5%/330ml)
= 1.7 units



Spirits eg vodka/whiskey (40%/35ml)
= 1.4 units



Bottle of spirits (40%/700ml)
= 28 units



Bottle of wine (12%/750ml)
= 9 units



Small pub bottle of wine (12%/187.5ml)
= 2.3 units

Please enter your score for each question and add up to get your sub total.

	Initial screening questions	Scoring system					Your overall score
		0	1	2	3	4	
1	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	
2	How many units of alcohol do you drink on a typical day when you are drinking?	1-2	3-4	5-6	7-9	10+	
3	How often have you had six or more units if female, or eight or more if male, on a single occasion in the last year?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily	
						SUB TOTAL:	

Your overall score for this section

If you are a man and scored four or less, or if you are a woman and scored three or less, you are a low-risk drinker. Aim to keep your drinking at these low levels. If you are a man and scored five or more, or if you are a woman and scored four or more, your drinking may be putting your health at risk.

 Now please answer the questions overleaf to find out more.

YOUR TOTAL FROM PAGE 1:

	Screening questions	Scoring system					Your overall score
		0	1	2	3	4	
4	How often during the last six months 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	How often during the last six months 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	
6	How often during the last six months 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	
7	How often during the last six months have you had a feeling of guilt or remorse after drinking?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily	
8	How often during the last six months 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 somebody else been injured as a result of your drinking?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily	
10	Has a relative or friend, doctor or other health worker been concerned about your drinking or suggested that you cut down?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily	

Total

YOUR TOTAL SCORE

What does your total score mean?

0-7 Low risk

While there are no completely safe levels of alcohol, the amount you drink is low risk.

What can I do? You should aim to keep your drinking at low risk levels.

8-15 Hazardous

Your drinking is putting you at increased risk of harm, including damage to your physical and mental health.

What can I do? You could reduce your drinking to a healthier level – this may be as simple as having one less drink a day, or drinking one less night a week. You can have a brief conversation with your pharmacist who can offer advice and support and/or take away some literature to find out more about how you can reduce your alcohol intake.

16-19 Higher risk

Drinking at this level will result in damage to your physical and mental health. You are also at risk of being alcohol dependent. **What can I do?** You could cut down on your drinking or consider stopping – even for a while. Again, your pharmacist is able to offer you information, advice and support and/or refer you on to a specialist drug and alcohol service. If you are not yet ready to seek help, take away the literature they can provide and think seriously about making a change in the not too distant future.

20+ Highest risk

Your drinking is seriously harming you and you are likely to be alcohol dependent. **What can I do?** You need in-depth assessment and support – your pharmacist can facilitate onward referral to a specialist drug and alcohol service today – allow them to refer you on. If you aren't ready to take that step just yet, read over the literature they provide you with and then make contact with your GP who can also refer you on to specialist support at a later stage.

ONLINE INFORMATION AND SUPPORT

For more information on services in your area or for further information on alcohol and its effects visit www.drugsandalcoholni.info