



Alcohol Reality Check (Adult) Quick Scoring Aid

Overall risk is a combination of 3 different elements of risk scored as follows:

1. Risk to long-term health

The score is determined by the total number of units consumed weekly as recorded in response to Question 1.

	MALE	FEMALE
Low Risk	less than 16 units	less than 11 units
Increased Risk	16-30 units	11-20 units
High Risk	more than 30 units	more than 20 units

2. Risk for immediate harms

The score is a combination of

- number of days exceeded risk thresholds (Q. 1) and
- number of times drinking was combined with a listed inappropriate situation (Q. 2)

	MALE	FEMALE
Low Risk	0 days more than 4 units and 0 times inappropriate use	0 days more than 3 units and 0 times inappropriate use
Increased Risk	1 day 5-7 units and/or 1 time inappropriate use	1 day 4 units and/or 1 time inappropriate use
High Risk	2 or more days 5-7 units or 1 or more days more than 7 units or more than 1 time inappropriate use	2 or more days 4 units or 1 or more days more than 4 units or more than 1 time inappropriate use

3. Risk of Developing Dependence

Score is a combination of

- number of days alcohol-free (Q. 1)
- number of days on which it was difficult to stop drinking (Q. 3)

	MALE OR FEMALE
Low Risk	1 or more days alcohol-free and 0 days difficulty stopping
Increased Risk	0 days alcohol-free and/or 1 or more days difficulty stopping

Overall Drinking Pattern

Score is a combination of the 3 scores above.

Low Risk Pattern	Low Risk on all 3
Increased Risk Pattern	Low Risk on any 2 but Increased Risk on the other
High Risk Pattern	Increased Risk on 2 or more or High Risk on 1 or more

Be sure to indicate the pattern in the appropriate box within the "Staff Use" section of the screening form. Discuss results with the individual. See the *Alcohol Reality Check Adult Screening Guide* for assistance.

