

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

Never (0 points)

Once a month or even less often (1 point)

2–4 times a month (2 points)

2–3 times a week (3 points)

4 times a week or more (4 points)

2. How many standard drinks containing alcohol do you have on a typical day?

1-2 (0 points)

3–4 (1 point)

5–6 (2 points)

7–9 (3 points)

10 or more (4 points).

3. How often do you have six or more drinks on one occasion?

Never (0 points)

Even less often than once a month (1 point)

Every month (2 points)

Every week (3 points)

Daily or almost daily (4 points)