

AUDIT (Alcohol Use Disorders Inventory Test)

Objetivo:

AUDIT: completo: rastrear a existência de consumo alcoólico de risco e dependência.

AUDIT-C: rastrear a existência de consumo alcoólico de risco; inclui as primeiras 3 perguntas do questionário.

3ª pergunta: do questionário: pode ser utilizada isoladamente como instrumento de rastreio; em caso positivo, deve ser aplicado o AUDIT completo.

Cálculo:

Table 3. AUDIT questionnaire.

Questions	0	1	2	3	4
1. 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
2. How many drinks containing alcohol do you have on a typical day when you are drinking?	1 or 2	3 or 4	5 or 6	7 to 9	10 or more
3. How often do you have 5 or more drinks on one occasion?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily
4. How often during the last year 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 year have you failed to do what was normally expected of you because of drinking?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily
6. How often during the last year have you needed a first 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 year 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 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
9. Have you or someone else been injured because of your drinking?	No		Yes, but not in the last year		Yes, during the last year
10. Has a relative, friend, doctor or other healthcare worker been concerned about your drinking or suggested you cut down?	No		Yes, but not in the last year		Yes, during the last year

EASL Clinical Practice Guidelines: Management of alcohol-related liver disease, 2018

Calculador automático:

AUDIT: <https://www.uptodate.com/contents/calculator-alcohol-consumption-screening-audit-questionnaire-in-adults-patient-education>

AUDIT-C: <https://www.mdcalc.com/audit-c-alcohol-use>

Interpretação:

AUDIT:

Nº total de pontos	Risco
0-7	Baixo

8-15	Médio
16-19	Alto
20-40	Provável adição

AUDIT-C: consumo de risco se →3 ou 4 pontos em mulheres ou homens, respetivamente.