Adult Risky Drinking Checkup Quick Scoring Aid

Risk 1: to Long-term Health

Look at total drinks recorded in Question1 response and check relevant score box on questionnaire form:

MALE:		**FEMALE:**	
Low Risk	≤20 Standard Drinks	Low Risk	≤10 Standard Drinks
Increased Risk	21-30 SD	Increased Risk	11-20 SD
High Risk	>30 SD	High Risk	>20 SD

Risk 2: for Immediate Harms

Score is a combination of:

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

Check relevant score box on questionnaire form:

MALE:		**FEMALE:**	
Low Risk	0 days >4 Standard Drinks **and** 0 times inappropriate use	Low Risk	0 days >3 Standard Drinks **and** 0 times inappropriate use
Increased Risk	1 day 5-7 SD **and/or** 1 time inappropriate use	Increased Risk	1 day 4 SD **and/or** 1 time inappropriate use
High Risk	2 or more days 5-7 SD **or** 1 or more days >7 SD **or** more than 1 time inappropriate use	High Risk	2 or more days 4 SD **or** 1 or more days >4 SD **or** more than 1 time inappropriate use

Risk 3: of Developing Dependence

Score is a combination of:

- # of days alcohol-free (in Q. 1 response)
- # of days on which it was difficult to hold back from the next drink (Q. 3 response)

Check relevant box on questionnaire form:

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

Overall Drinking Pattern (ODP)

Score is a combination of above results on the three risks. Check relevant box on questionnaire form:

Low Risk Pattern (LRP)	Low Risk on all 3 Risks
Increased Risk Pattern (IRP)	Low Risk on any 2 of the Risks **but** Increased Risk on the other
High Risk Pattern (HRP)	Increased Risk on 2 or all 3 of the Risks **or** High Risk on Risk 1/Risk 2/both