



Parenthood Awareness before Conception to Enhance Offspring Health – E-learning Addressing Lifestyle to Transform Habits



ALCOHOL

AUDIT –C/AUDIT alcohol screening tool

Drink	Standard drinks	Drink	Standard drinks
750 ml bottle of 14% wine	8.3	500 ml of 4.5% beer	1.8
175 ml glass of 14% wine	2	330 ml of 5% beer or other	1.3
700 ml bottle of 40% spirits	22	30 ml of 42% spirits	1

AUDIT C	Scoring system					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 standard drinks (10 g) 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 6 or more standard drinks (60 g of alcohol) on a single occasion in the last year?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily	
TOTAL AUDIT-C SCORE						
Score =0-4	Advise that current drinking is low risk. Affirm (“That’s great!”). Continue normal consultation					
Score =5-12	Ask the 7 remaining AUDIT questions. If no previous dependence or signs of dependence and score is 5-7, go directly to Feedback.					



Remaining 7 AUDIT questions	Scoring system					Score
	0	1	2	3	4	
4. How often during the last year 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 year 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 year 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 year have you had a feeling of guilt or remorse after drinking?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily	

Full AUDIT (continued)	Scoring system					Score
	0	1	2	3	4	
8. How often during the last year 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?	No		Yes, but not in the last year		Yes, during the last year	
10. Has a relative or friend, doctor or other health worker been concerned about your drinking or suggested that you cut down?	No		Yes, but not in the last year		Yes, during the last year	
Total AUDIT-C score from overleaf:		Total 7 question AUDIT score:				
Total 10 question AUDIT score:						



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ALCOHOL INSTRUMENT MANAGEMENT CHANGE

THEORY & PRACTICE OF CHANGE in performing an Alcohol Brief Intervention (ABI)

<p>Desire</p> <ul style="list-style-type: none"> • How would you like things to change? • What do you hope you can change? • Tell me what you do not like about how things are now. • What would you like to be different? 	<p>Reasons</p> <ul style="list-style-type: none"> • What concerns you? • Why would you want to cut down? • What might be the benefits of drinking less? • What are the reasons to change as you see them?
<p>Looking forward</p> <ul style="list-style-type: none"> • How would you like your life to be in a year? • What do you hope for over the next five years? • In what way do you want to feel better? 	<p>Looking back</p> <ul style="list-style-type: none"> • Can you remember a time before you were drinking like you've described? What was different? • How did you cope before?
<p>Querying extremes: no change</p> <ul style="list-style-type: none"> • What most concerns you about your drinking in the long run? 	<p>Querying extremes: change</p> <ul style="list-style-type: none"> • If you cut down today, how would you hope to feel different?
<p>Whenever you hear change talk, you can ask open questions that encourage elaboration.</p> <ul style="list-style-type: none"> • In what way? • Tell me more? • What else? 	
<p>Avoid questions that will lead to sustain talk.</p> <ul style="list-style-type: none"> • Why do you drink in the way you've described? • What's stopping you from cutting down? • What worries you about drinking less? 	