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)