Screening Instruments

NOTE: This is only a suggested list of screening instruments. Screening tools have not been validated as stand-alone assessments for mental health disorders, and must be incorporated into the entire pre-participation evaluation. Trained experts at your institution may appropriately select other screening approaches. Athletics may alternatively or additionally choose to join with campus-wide screening programs conducted in conjunction with campus counseling centers, such as College Response (www.mentalhealthscreening.org).
SCREENING TOPIC: ALCOHOL USE

Measure: Alcohol Use Disorders Identification Test (AUDIT-C)


1. How often do you have a drink containing alcohol? [score 0 for never, 1 for monthly or less, 2 for two-four times a month, 3 for two-three times a week, 4 for four or more times a week]

2. How many drinks containing alcohol do you have on a typical day when you are drinking? [score 0 for one or two drinks, 1 for three or four drinks, 2 for five or six drinks, for seven to nine drinks, and 4 for 10 or more drinks]

3. How often do you have six or more drinks on one occasion? [score 0 for never, 1 for less than monthly, 2 for monthly, 3 for weekly, 4 for daily or almost daily]

Scoring: Each question is scored on a 0-4 scale. Points are summed to give total score.

Interpretation: Maximum score is 12. A score of ≥4 identifies 86 percent of men who report drinking above recommended levels that meet the criteria for alcohol use disorders. A score of ≥2 identifies 84 percent of women who report hazardous drinking or alcohol use disorders. Individuals meeting or exceeding these thresholds should be referred for further evaluation from a mental health professional.