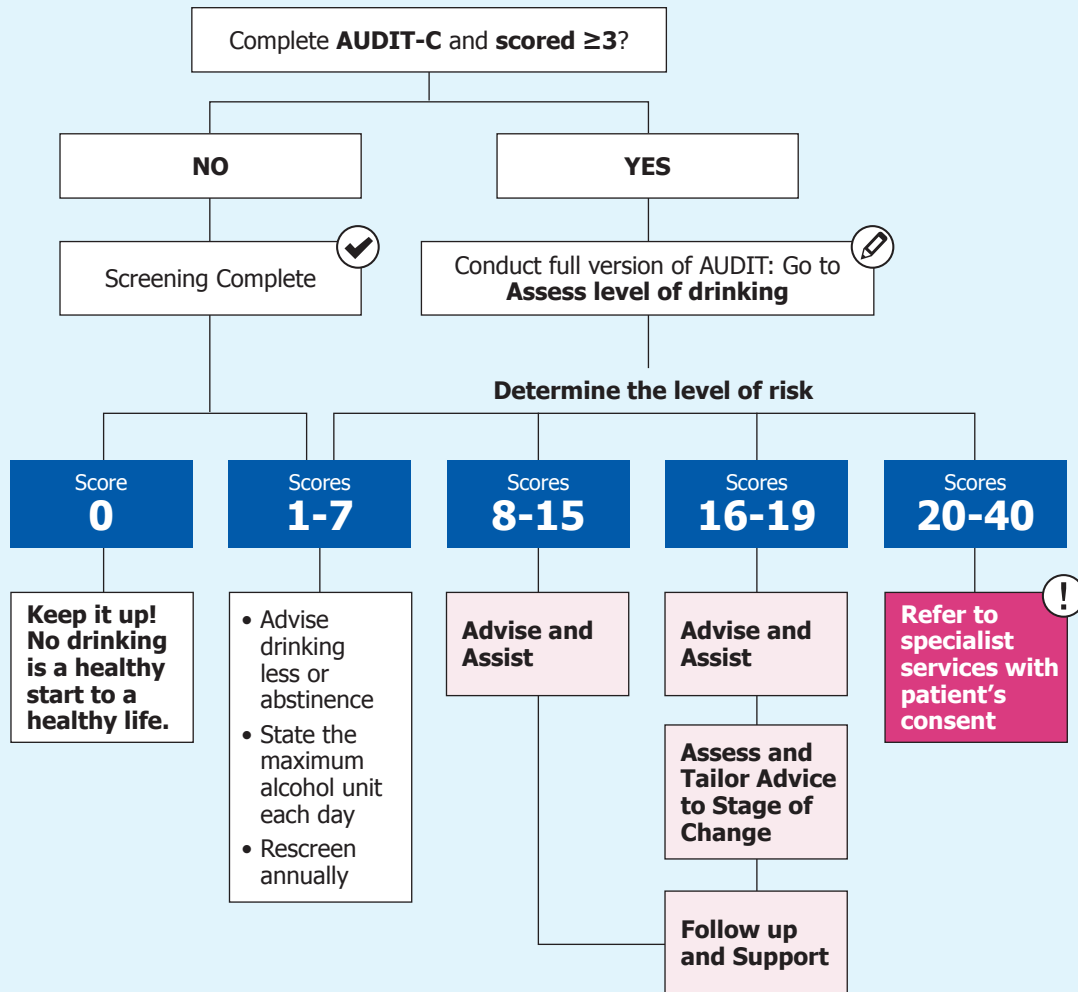


## Flowchart of the screening and brief intervention



### What is an alcohol unit?

The number of alcohol units of different types of alcoholic beverages can be calculated using the following formula.

$$1 \text{ Alcohol Unit} = 10 \text{ g Alcohol}$$

$$\text{Number of Units of Alcohol} = \frac{\text{Drink Volume (ml)} \times \text{Alcohol Content (\% by volume)}}{1000} \times 0.789$$













\* Alcohol content is printed on the label of the container.

## Assess level of drinking

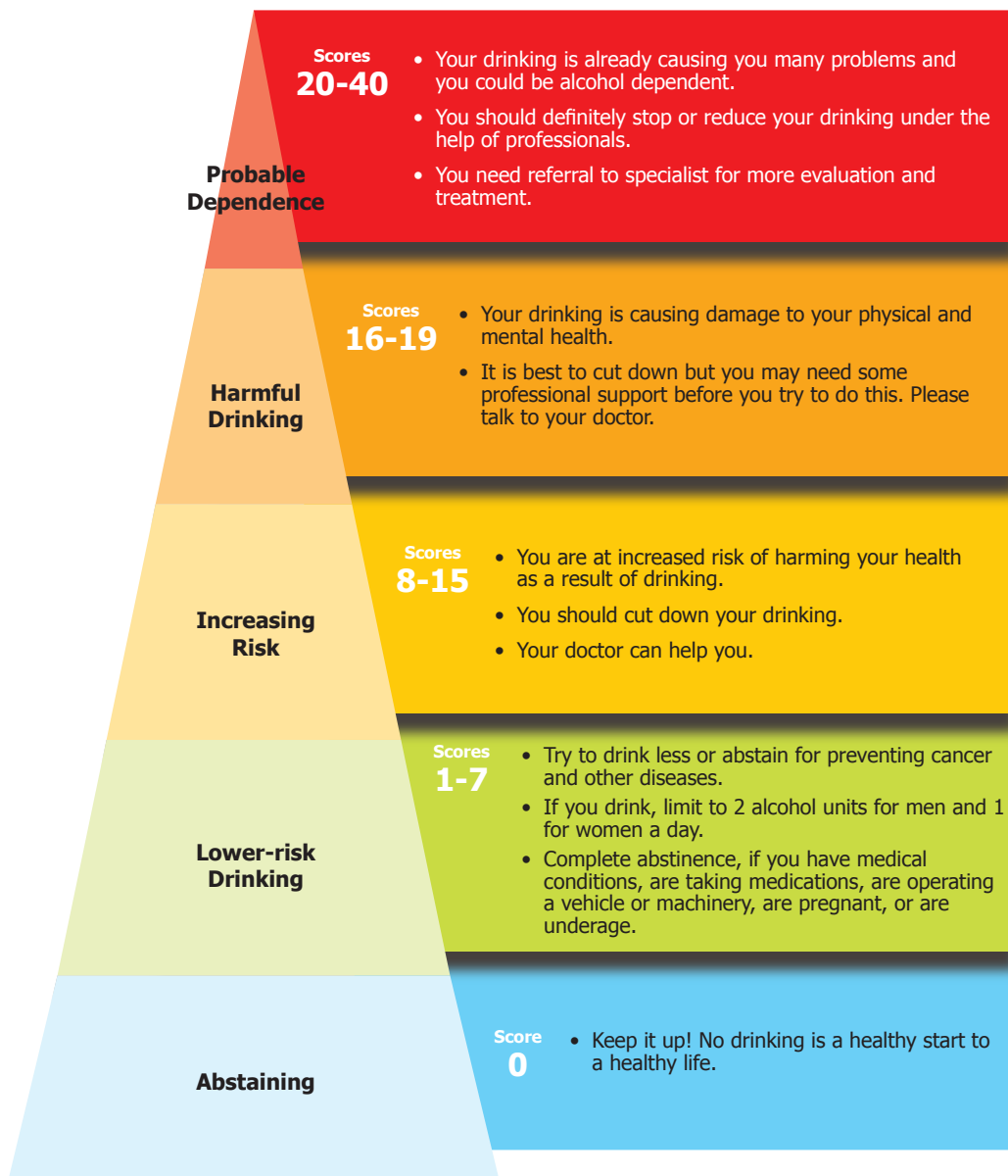
In the past year...	Scoring system					Your Score
	0	1	2	3	4	
<b>1.</b> How often do you have a drink containing alcohol?	Never	Monthly or less	2 - 4 times per month	2 - 3 times per week	4+ times per week	
<b>2.</b> How many units of alcohol do you drink on a typical day when you are drinking? (Please add up all types of alcoholic drinks)	0 - 2	3 - 4	5 - 6	7 - 9	10+	
<b>3.</b> How often do you have at least 5 cans of beer/5 glasses of table wine/5 peg of spirits on one occasion?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily	
<b>4.</b> 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	
<b>5.</b> 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	
<b>6.</b> 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	
<b>7.</b> 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	
<b>8.</b> 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	
<b>9.</b> 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	
<b>10.</b> 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 SCORE \_\_\_\_\_

### Alcohol unit conversion (relatively proportional to scale)

					
<b>0.7 unit</b>	<b>1.3 units</b>	<b>1.3 units</b>	<b>2.0 units</b>	<b>2.5 units</b>	<b>1.2 units</b>
1 glass (180ml) Beer / alcopops	1 can (330ml) Beer / alcopops	1 bottle (330ml) Beer / alcopops	1 can (500ml) Beer / alcopops	1 bottle (640ml) Beer / alcopops	1 glass (125ml) Red / White wine / Champagne
					
<b>1.3 units</b>	<b>0.7 unit</b>	<b>5.7 units</b>	<b>0.6 unit</b>	<b>0.8 unit</b>	<b>0.3 unit</b>
1 peg (40-50ml) Spirits	1 shot (22ml) Spirits	1 glass (180ml) Rice wine	1 small glass (20ml) Rice wine	1 maotai glass (20ml) Maotai	1 small cup (20ml) Japanese Sake

## Map the AUDIT results against the following Drinkers' Pyramid



## Referral services

### 1. Hospital Authority's Psychiatry Specialist Out-patient Clinics (SOPCs)

You may wish to refer drinkers with mental health needs to Hospital Authority's Psychiatry SOPCs for assessment and treatment as appropriate. These SOPCs only accept medical practitioners' referrals.

### 2. Tung Wah Group of Hospitals Integrated Centre for Addiction Prevention and Treatment (ICAPT)

東華三院「心瑜軒」預防及治療成癮問題綜合服務

ICAPT provides one stop integrated treatment services for multi-addiction problems that include alcohol, drug, gambling addiction, internet addiction, sex addiction, overspending, etc. Services include counselling and psychotherapy, health consultation, psychiatric assessment and treatment, treatment group and residential programs.

Telephone: 2827 1000

Website: <http://icapt.tungwahcsd.org>

Address : 15/F, Tung Chiu Commercial Centre,  
193 Lockhart Road,  
Wan Chai, Hong Kong

### 3. Tung Wah Group of Hospitals "Stay Sober Stay Free" Alcohol Abuse Prevention and Treatment Service

東華三院「遠酒高飛」預防及治療酗酒服務

Enquiry Hotline: 2884 9876

Website: <http://atp.tungwahcsd.org/>  
email: [cc-atp@tungwah.org.hk](mailto:cc-atp@tungwah.org.hk)

#### Details of various service districts

##### Eastern and Wanchai Office

Address: 9/F, T.W.G.Hs. Fong Shu Chuen Social Services Building, 6 Po Man Street, Shau Kei Wan, HK

##### Serene House

Address: 1/F, Serene House (Block C), Castle Peak Hospital, 13 Tsing Chung Koon Road, Tuen Mun, N.T.

##### Central Western, Southern and Islands Office

Address: Room 1501-1504, Tung Ning Building, 2 Hillier Street, Sheung Wan

##### Butterfly Bay Office

Address: 4/F, Butterfly Bay Community Centre, Butterfly Estate, Tuen Mun, N.T.

### 4. Alcoholics Anonymous (AA)

AA is a voluntary organisation that provides a platform for alcoholics to support one another and achieve abstinence. There are more than 40 English speaking and several Cantonese or bilingual AA meetings every week. Two types of meetings are available: open meetings are for AA members, as well as their family members and friends; whereas closed meetings are for AA members and newcomers only. Apart from group meetings, a hotline service is also available.

Service Hours: Meetings are held every day from morning until evening. A detailed timetable is available on their website.

Telephone: 2578 9822  
Website: <http://aa-hk.org>



For electronic version of AUDIT, please visit

<http://change4health.gov.hk/en/audit>

