

## How do I know if Alcohol is a problem for me ?

Have a look at the short test below & answer the questions as honestly as you can.

### The FAST Test

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**1. How often do you have eight or more drinks on one occasion ?**

Never  Less Than Monthly  Monthly  Weekly

Daily or Almost Daily

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**2. 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

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**3. How often during the last year have you failed to do what was normally expected of you because of your drinking ?**

Never  Less Than Monthly  Monthly  Weekly  Daily or Almost Daily

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**4. Has a relative or friend, a doctor or other health worker been concerned about your drinking or suggested you cut down ?**

No  Yes, but not in the last year.  Yes, in the last year.

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## Scoring the FAST Test

Score questions 1, 2 and 3 as follows:

Never - 0 points

Less than monthly - 1 point

Monthly - 2 points

Weekly - 3 points

Daily or almost daily - 4 points

Score question 4 as follows:

No - 0 points

Yes, but not in the last year - 2 points

Yes, in the last year - 4 points

The maximum score is 16. A total score of 3 indicates hazardous drinking.

**If you score 3 or more it may be worth you getting in touch with us for some advice or information**

If a person answers "never" on the first question, he or she is not a hazardous drinker and the remaining questions are not necessary.

If a person answers "weekly" or "daily or almost daily" on the first question, he or she is considered a hazardous drinker and the rest of the questions are skipped.

If a person answers "monthly" or "less than monthly" to the first question, the other three questions are needed to complete the screening for hazardous drinking.