Fast alcohol screening test (FAST)

FAST is an alcohol harm assessment tool. It consists of a subset of questions from the full alcohol use disorders identification test (AUDIT). FAST was developed for use in emergency departments, but can be used in a variety of health and social care settings.

Questions	Scoring system					Your
	0	1	2	3	4	score
How often have you had 6 or more units if female, or 8 or more if male, on a single occasion in the last year?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily	

Only answer the following questions if the answer above is Less than monthly (1) or Monthly (2). Stop here if the answer is Never (0), Weekly (3) or Daily (4).

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	
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	
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	

An overall total score of 3 or more on the first or all 4 questions is FAST positive.

What to do next?

If your score is FAST positive, complete remaining AUDIT alcohol screening questions; this may include the three remaining questions above as well as the six questions on the second page to obtain a full AUDIT score.

Remaining alcohol harm assessment questions from AUDIT

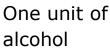
Questions	Scoring system					Your
	0	1	2	3	4	score
How often do you have a drink containing alcohol?	Never	Monthly or less	2 to 4 times per month	2 to 3 times per week	4 times or more per week	
How many units of alcohol do you drink on a typical day when you are drinking?	0 to 2	3 to 4	5 to 6	7 to 8	10 or more	
How often during the last year have you found that you were not able to stop drinking once you had started?	Never	Less than monthl y	Monthly	Weekly	Daily or almost daily	
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 monthl y	Monthly	Weekly	Daily or almost daily	
How often during the last year have you had a feeling of guilt or remorse after drinking?	Never	Less than monthl y	Monthly	Weekly	Daily or almost daily	
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	

Total AUDIT score

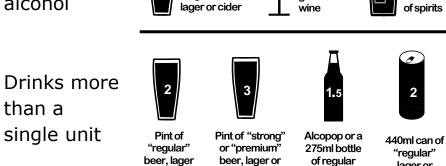
Scoring:

- 0 to 7 indicates low risk
- 8 to 15 indicates increasing risk
- 16 to 19 indicates higher risk,
- 20 or more indicates possible dependence

Alcohol unit reference



than a





1 single

measure







1 single

measure

of aperitifs

75cl Bottle of wine (12%)

or cider

Half a

small

glass of

lager or cider

440ml can of

250ml glass of wine

"super strength" lager

1 small

glass of

sherry

(12%)

Half pint of

"regular" beer,

cider

lager