

# DrinkCheck

Is your drinking okay?



# What sort of drinker are you?

DrinkCheck can help you find out more about your drinking. Just complete the questionnaire and add up your score.

Then find out what it means. It's that easy!

## Understanding standard drinks

The quiz will ask you how many standard drinks you have – so you need to know what a standard drink is before you start.

The standard drinks measure helps you to know how much alcohol is in a drink, as the size and alcoholic strength of drinks vary so much. Alcoholic drink labels say how many standard drinks are in the bottle, can or cask.

Here are some examples of the standard drinks in: common alcoholic drinks.



330ml bottle of beer  
4% alcohol



150ml glass of wine  
12.5% alcohol



330ml glass of cider  
5% alcohol



750ml bottle of still or sparkling wine  
13% alcohol



330ml RTD bottle  
6% alcohol



30ml shot of spirits  
42% alcohol



50ml tumbler of spirits  
37.5% alcohol

7% RTD spirits, 330ml can, 1.8 standard drinks

# Is your drinking okay?

Answer each question by scratching the circle next to your choice. Pick the answer that is closest to your situation.

How often do you have a drink containing alcohol?

- Never (do not need to complete quiz)
- Monthly or less
- Two to four times a month
- Two to three times a week
- Four or more times a week

How many standard drinks containing alcohol do you have on a typical day when you are drinking? (To find out what a standard drink is see Understanding standard drinks.)

- One to two
- Three to four
- Five to six
- Seven to nine
- Ten or more

How often do you have six or more standard drinks on one occasion?

- Never
- Less than monthly
- Monthly
- Weekly
- Daily or almost daily

During the past year, how often 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

During the past year, how often have you failed to do what was normally expected of you because of drinking?

- Never
- Less than monthly
- Monthly
- Weekly
- Daily or almost daily

During the past year, how often have you needed a drink in the morning to get yourself going after a heavy drinking session?

- Never
- Less than monthly
- Monthly
- Weekly
- Daily or almost daily

During the past year, how often have you had a feeling of guilt or remorse after drinking?

- Never
- Less than monthly
- Monthly
- Weekly
- Daily or almost daily

During the past 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

Have you or someone else been injured as a result of your drinking?

- No
- Yes, but not in the past year
- Yes, during the past year

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

- No
- Yes, but not in the past year
- Yes, during the past year

**Add up the scores**

Add up all your scores and turn the page to find out what sort of drinker you are.

Your total score:

# What your score means

The different score ranges are due to differences in the effect of alcohol on men and women.

## HIGH RISK

your drinking will cause you or may have already caused you problems

**13 – 15**

POINTS OR MORE

## MEDIUM RISK

your drinking is putting you at risk of developing problems

**6 – 14**

POINTS OR MORE

## LOW RISK

your drinking is not likely to cause you problems if it remains at this level

**0 – 6**

POINTS OR MORE

# What are these problems?

If your score was high or medium-risk, some of the problems you may be experiencing, or could experience if you continuing drinking like you do are:

- difficulty sleeping
- may interact with medications
- impotence and loss of sex drive
- mood changes and existing mental health conditions made worse, eg anxiety or depression
- injuries from falls, assaults, or traffic crashes
- relationship and family problems
- employment and financial problems
- alcohol use disorder
- liver disease and pancreatitis
- many types of cancer

**Alcohol can also cause life-long harm to an unborn child (known as fetal alcohol spectrum disorder (FASD)).**

# How to reduce your risk

To lower your risk, or to keep your risk of alcohol-related problems low, follow the advice below:



# What you can do to cut down your drinking

- Work out how many drinks you want to drink, and stick to it.
- Don't allow others to top up your drink.
- Eat before you drink and while you're drinking.
- Alternate alcoholic and non-alcoholic drinks, including water.
- Drink lower strength alcohol drinks.
- Do more activities that don't involve drinking.
- Tell your friends you are cutting back and ask for their support.

## You should not drink alcohol if you:

- could be pregnant, are pregnant or are trying to get pregnant
- are on medication that interacts with alcohol, such as antibiotics or antidepressants (Talk with your doctor if you are unsure)
- have a condition made worse by drinking alcohol
- feel unwell, depressed, tired or cold as alcohol could make things worse
- are about to operate machinery or a vehicle.

# Need help or support?

Making changes to the way you drink can be hard to do on your own.

If you're having trouble easing up on how much alcohol you drink, talk to your health professional.

Your health professional can refer you to a specialist counsellor, an alcohol treatment service or to another health or social service that can help you.

You can call the Alcohol Drug Helpline free on **0800 787 797** or **free text 8681**.

If you like, you can use the helplines

Māori Line – **0800 787 798**

Pasifika Line – **0800 787 799**

All calls are free and confidential. You can call 24 hours a day, any day and you will talk with a trained counsellor.

Your whānau and friends can also call the helpline for information on how to better support you.

## You can also look at:

### **alcohol.org.nz**

Learn more about alcohol, its effects, standard drinks and other alcohol advice for different age groups.

### **alcoholdrughelp.org.nz**

Live chat, find an alcohol treatment service near you, or to learn more about drugs and alcohol.

### **livingsober.org.nz**

Be part of an online community where you can find support, advice and insights from experts and from other people who have faced their own drinking issues.

For help contact the Alcohol  
Drug Helpline on **0800 787 797**  
or free text **8681**

To order resources visit **[alcohol.org.nz](http://alcohol.org.nz)**  
and go to Order Resources

