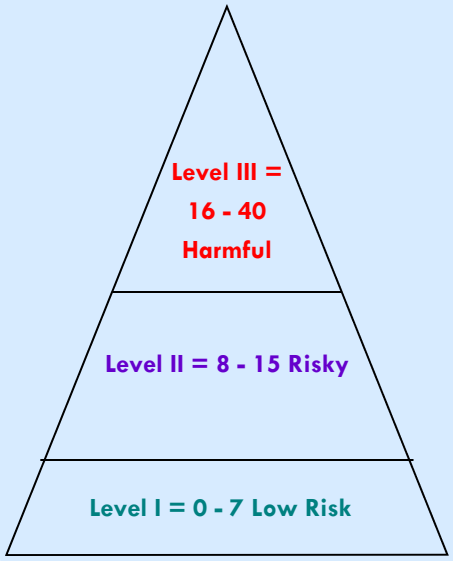
Your Score = _ _ _ _ _ _ _ _



Risk Level	Feedback	Score
I	Your score indicates that at this time you seem to be making relatively low risk drinking choices.	0 - 7
II	Your score indicates that at this time you seem to be drinking in excess of low risk guidelines. You may want to consider meeting with a counselor to discuss ways to lower your risk and decrease negative consequences.	8 - 15
III	Your score indicates that at this time you are making high risk drinking choices that are causing negative consequences. It is **strongly** recommended that you meet with a counselor for further assessment.	16 - 40

MSU Campus Resources

GAIN Alcohol Program **662-325-2141**
662-325-5510

The **G**oal-driven **A**lcohol & other drug **I**ntervention **N**etwork was established to help MSU students learn more about making wise and safe alcohol choices. This program provides a feedback packet of important individualized alcohol use (i.e. - calories consumed, blood alcohol content, frequency and more).

Website : www. health. msstate.edu/health

Programs Available through MSU
Health Education & Wellness Department

TIPS - is a nationally recognized program designed to teach acceptable standards for alcohol serving, both at bars and private parties.

Gordie CASE - The HAZE film tells the story of Gordie Bailey who died from alcohol poisoning after passing out on a couch in his fraternity house following a hazing initiation at the University of Colorado.

Welcome to the Party - is an award winning program that addresses the dangers of sexual assault as related to alcohol use on a college campus via short film and discussion.

Health Education Alcohol program requests can be made online at www.health.msstate.edu/health

Other Campus Resources

Longest Student Health Center	662-325-7539
Student Counseling Center	662-325-2091
MSU Police Department	662-325-2121
Dean of Students Office	662-325-3611

HEALTHeducation &wellness

AUDIT

Alcohol Use Disorders Identification Test

HEALTHeducation &wellness

A questionnaire to identify the risk level associated with your use of alcohol.

1 drink is equal to: 12 ounces of beer (usually 1 can or bottle) , 5 ounces of wine (1 standard wine glass) or 1.5 ounces of liquor (straight or mixed in drink).
Keep in mind some drinks such as a Long Island Ice Tea have 4 servings of liquor in one glass making it equal to 4 standard drinks.

Questions	0 Points	1 Point	2 Points	3 Points	4 Points	Score
1. How often do you have a drink containing alcohol?	Never	Monthly or less	2 to 4 times a month	2 to 3 times a week	4 or more times a week	
2. How many drinks containing alcohol do you have on a typical day when you are drinking?	1 or 2	3 or 4	5 or 6	7 or 9	10 or more	
3. How often do you have five or more drinks on one occasion?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily	
4. How often during the last year have you found that you were not able to stop drinking once you started?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily	
5. How often during the last year have you failed to do what was normally expected of you because of your drinking? **Example: missed class or work**	Never	Less than monthly	Monthly	Weekly	Daily or almost daily	
6. How often during the last year have you needed a drink first thing in the morning to get yourself going after a heavy drinking session?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily	
7. 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	
8. How often during the last year have you been unable to remember what happen the night before because of your drinking?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily	
9. Have you or someone else ever been injured because of your drinking?	No		Yes, but not in the last year		Yes, during the last year	
10. Has a relative, friend, doctor, or other healthcare worker been concerned about your drinking or suggested you cut down?	No		Yes, but not in the last year		Yes, during the last year	
MSU Net Id: _____	Male	Female	Under 21	21 or above	Total Score=	