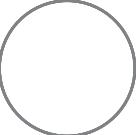


DRINK
INFORMED

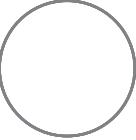
DRINK
INFORMED



DRINK INFORMED

ALCOHOL HARM RISK

[Start](#)[Details](#)



DRINK INFORMED

ALCOHOL HARM RISK

This app combines the answers to the Audit (c) questionnaire and the risk of developing different illnesses in relation to your alcohol consumption. Through answering the ten questions at the begining your score will be calculated, this score responds to the following:

- 0-7 / 40 – Lower risk
- 8 – 15 /40 – Increasing risk
- 16 – 19/40 – Higher risk
- 20 – 40 / 40 – Possible dependence

Once the app has calculated your score it will then go on to show how alcohol may be harming your body, even at every low levels of alcohol you could be at risk of developing certain illnesses. Please note the app will show illnesses even if you scored zero.

Start

DRINK INFORMED

[Start again](#)

ALCOHOL HARM RISK

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

Question 1 of 10



[Next](#)

DRINK INFORMED

[Start again](#)

ALCOHOL HARM RISK

How many units of alcohol do you drink on a typical day when you are drinking?



1 - 2



3 - 4



5 - 6



7 - 9



10+

Question 2 of 10

[Next](#)

DRINK INFORMED

[Start again](#)

[ALCOHOL HARM RISK](#)

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

Question 3 of 10

[Next](#)

DRINK INFORMED

[Start again](#)

ALCOHOL HARM RISK

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

Question 4 of 10

[Next](#)

DRINK INFORMED

[Start again](#)

ALCOHOL HARM RISK

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

Question 5 of 10

[Next](#)

DRINK INFORMED

[Start again](#)

ALCOHOL HARM RISK

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

Question 6 of 10

[Next](#)

DRINK INFORMED

[Start again](#)

ALCOHOL HARM RISK

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

Question 7 of 10

[Next](#)

DRINK INFORMED

[Start again](#)

ALCOHOL HARM RISK

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

Question 8 of 10

[Next](#)

DRINK INFORMED

Start again

ALCOHOL HARM RISK

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

Question 9 of 10

Next

DRINK INFORMED

Start again

ALCOHOL HARM RISK

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

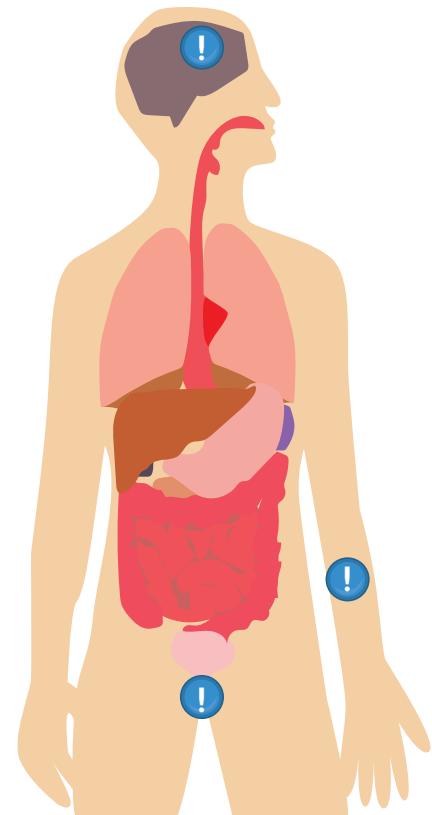
Question 10 of 10

Get your results

You Scored 6 out of 40

[Back to start](#)

This means you are at slight risk
of developing the following
conditions.

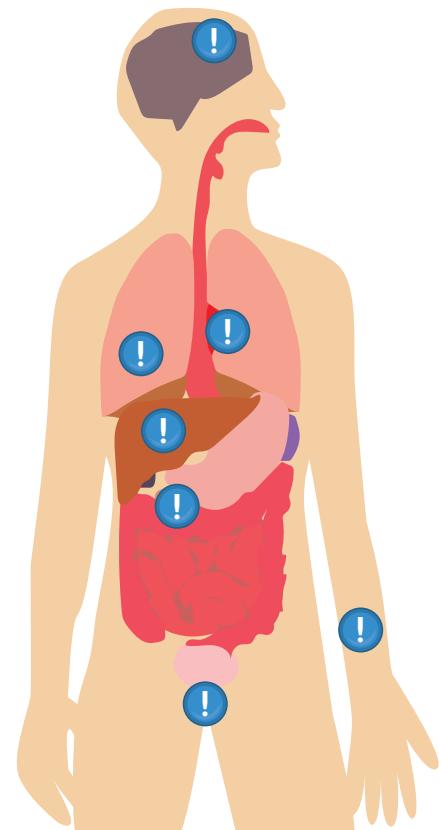


DRINK
INFORMED
ALCOHOL HARM RISK

You Scored 11 out of 40

[Back to start](#)

This means you are at slight risk
of developing the following
conditions.

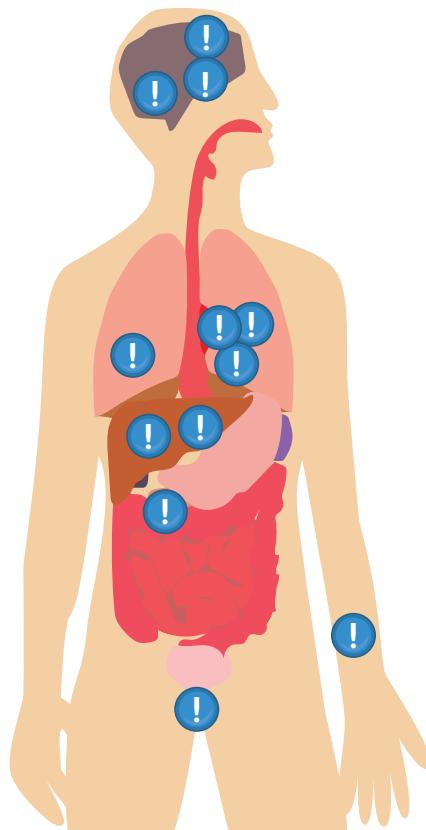


DRINK
INFORMED
ALCOHOL HARM RISK

You Scored 17 out of 40

[Back to start](#)

This means you are at slight risk
of developing the following
conditions.

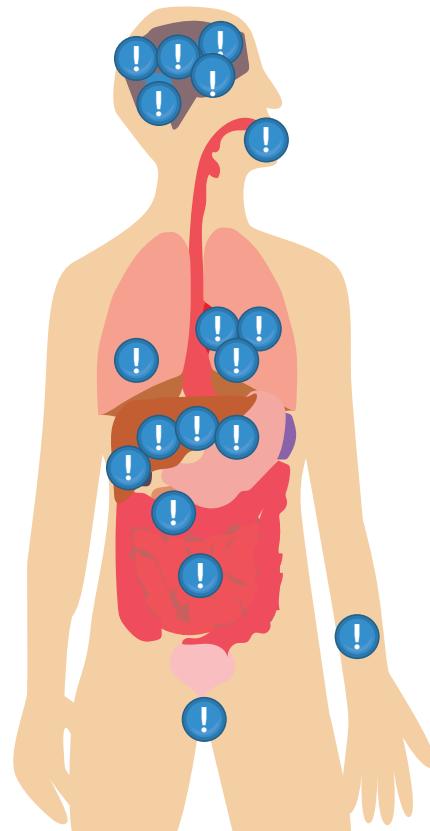


DRINK
INFORMED
ALCOHOL HARM RISK

You Scored 30 out of 40

[Back to start](#)

This means you are at slight risk
of developing the following
conditions.

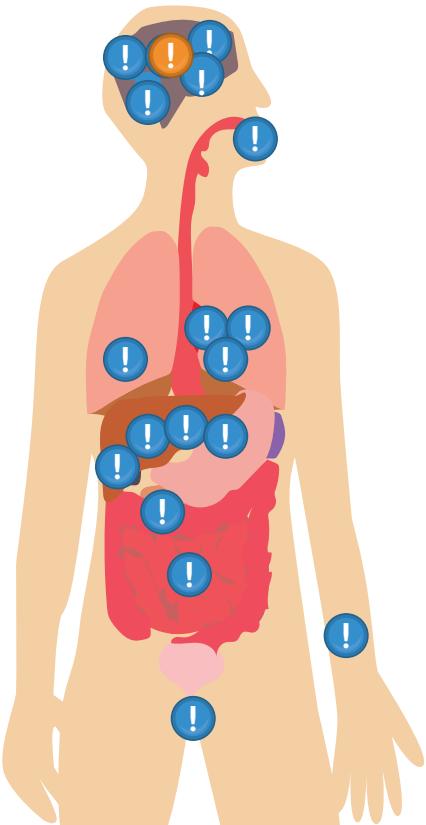


DRINK
INFORMED
ALCOHOL HARM RISK

You Scored 30 out of 40

[Back to start](#)

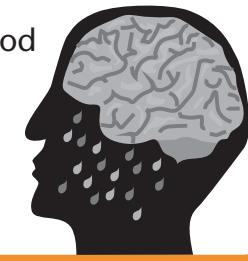
This means you are at slight risk of developing the following conditions.



Mental Health

Alcohol is a depressant, so it can make your moods low. Therefore it is very easy to slip into a vicious cycle of drinking to depress your feelings when actually the drink is making you feel worse.

Depression, anxiety, stress, low mood and trouble sleeping are common when people drink high levels of alcohol.

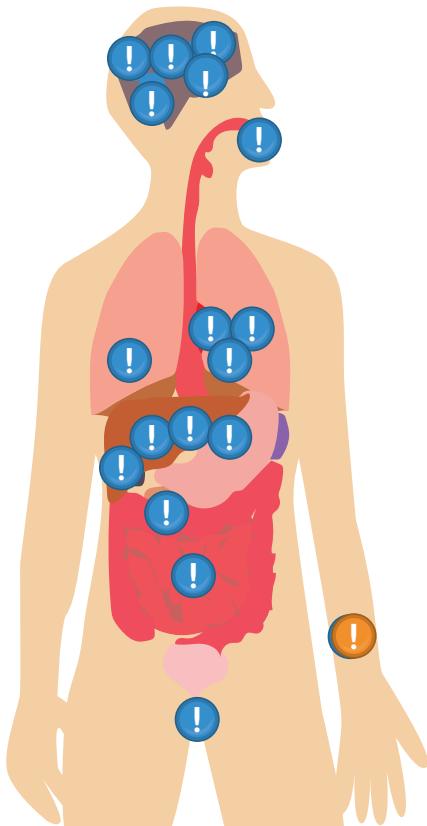


DRINK
INFORMED
ALCOHOL HARM RISK

You Scored 30 out of 40

[Back to start](#)

This means you are at slight risk
of developing the following
conditions.



Skin Problems

Alcohol is a depressant, so it can make you feel low. Therefore it is very easy to slide into a cycle of drinking to depress yourself. In fact, actually the drink is making you feel even worse.

Depression, anxiety, stress, low mood, and trouble sleeping are common symptoms when people drink high levels of alcohol.

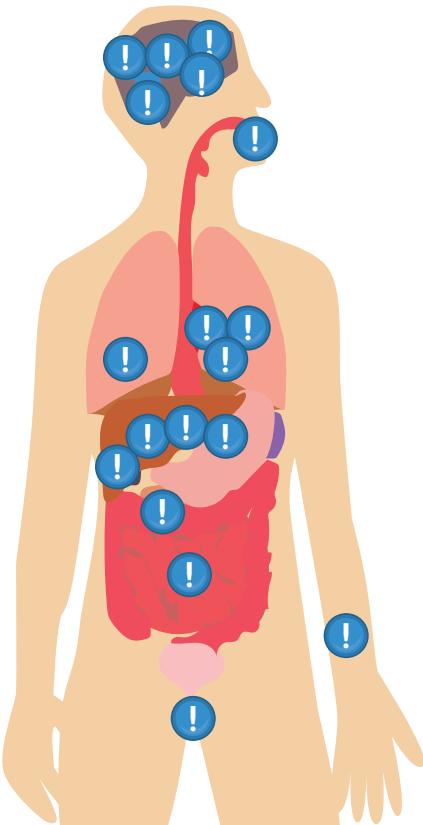


DRINK
INFORMED
ALCOHOL HARM RISK

You Scored 30 out of 40

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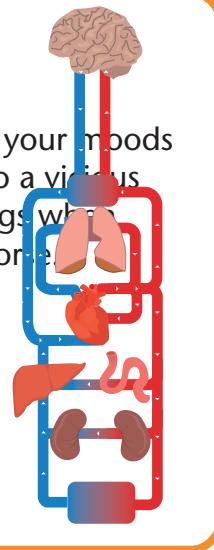
This means you are at slight risk of developing the following conditions.



Hypertension

Alcohol is a depressant, so it can make your moods low. Therefore it is very easy to slip into a vicious cycle of drinking to depress your feelings when actually the drink is making you feel worse.

Depression, anxiety, stress, low mood and trouble sleeping are common when people drink high levels of alcohol.



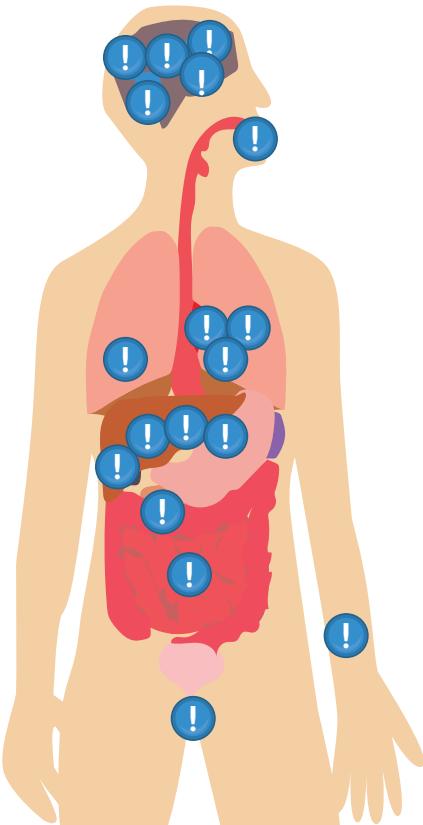
**DRINK
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ALCOHOL HARM RISK

You Scored 30 out of 40

[Back to start](#)

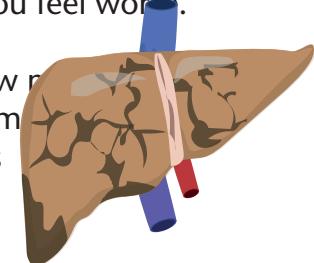
This means you are at slight risk
of developing the following
conditions.



Fatty Liver

Alcohol is a depressant, so it can make your moods low. Therefore it is very easy to slip into a vicious cycle of drinking to depress your feelings when actually the drink is making you feel worse.

Depression, anxiety, stress, low mood and trouble sleeping are common when people drink high levels of alcohol.

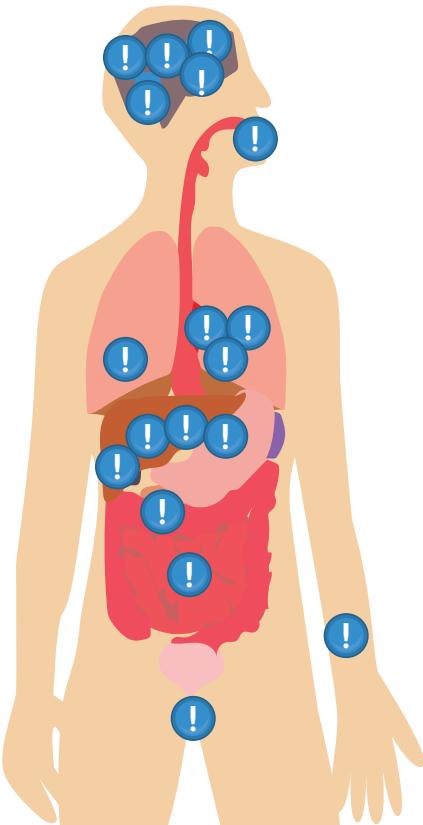


DRINK
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ALCOHOL HARM RISK

You Scored 30 out of 40

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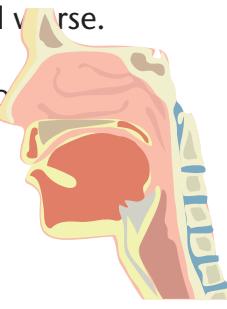
This means you are at slight risk
of developing the following
conditions.



Cancer

Alcohol is a depressant, so it can make your moods low. Therefore it is very easy to slip into a vicious cycle of drinking to depress your feelings when actually the drink is making you feel worse.

Depression, anxiety, stress, low mood and trouble sleeping are common when people drink high levels of alcohol.



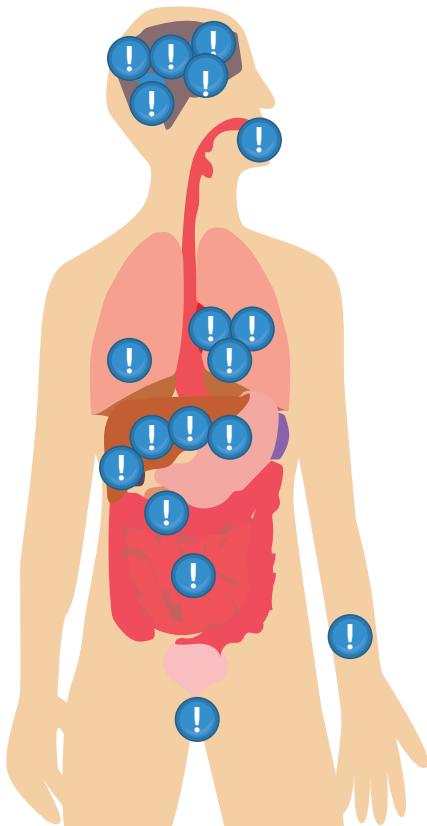
DRINK
INFORMED

ALCOHOL HARM RISK

You Scored 30 out of 40

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This means you are at slight risk
of developing the following
conditions.



Pancreas

Alcohol is a depressant, so it can make your moods low. Therefore it is very easy to slip into a vicious cycle of drinking to depress your feelings when actually the drink is making you feel worse.

Depression, anxiety, stress, low mood and trouble sleeping are common when people drink high levels of alcohol.

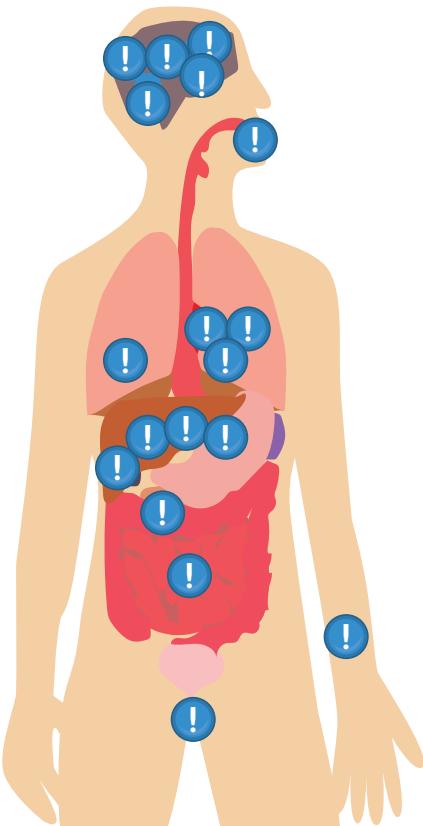


**DRINK
INFORMED**
ALCOHOL HARM RISK

You Scored 30 out of 40

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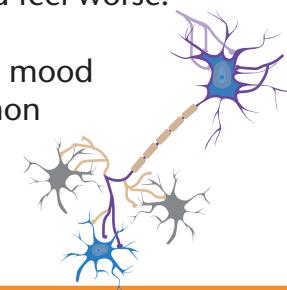
This means you are at slight risk
of developing the following
conditions.



Wernickes Encephalopathy

Alcohol is a depressant, so it can make your moods low. Therefore it is very easy to slip into a vicious cycle of drinking to depress your feelings when actually the drink is making you feel worse.

Depression, anxiety, stress, low mood and trouble sleeping are common when people drink high levels of alcohol.

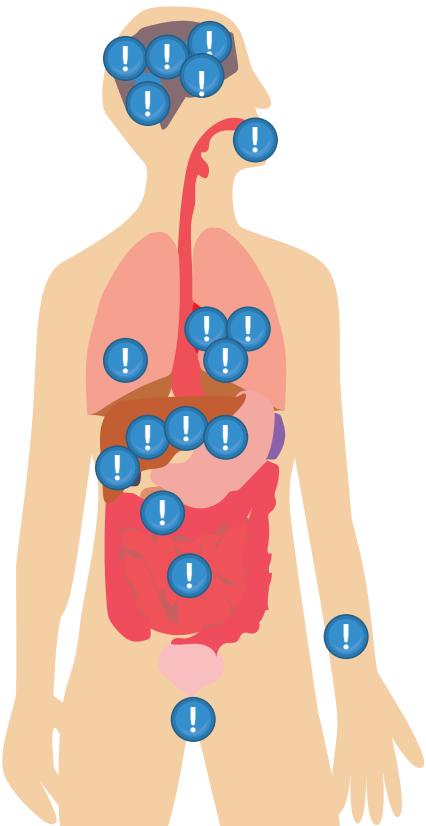


DRINK
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ALCOHOL HARM RISK

You Scored 30 out of 40

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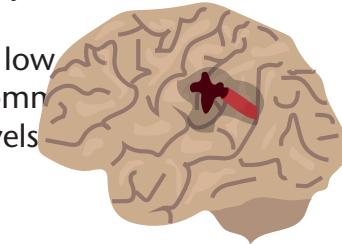
This means you are at slight risk
of developing the following
conditions.



Stroke

Alcohol is a depressant, so it can make your moods low. Therefore it is very easy to slip into a vicious cycle of drinking to depress your feelings when actually the drink is making you feel worse.

Depression, anxiety, stress, low mood and trouble sleeping are common when people drink high levels of alcohol.

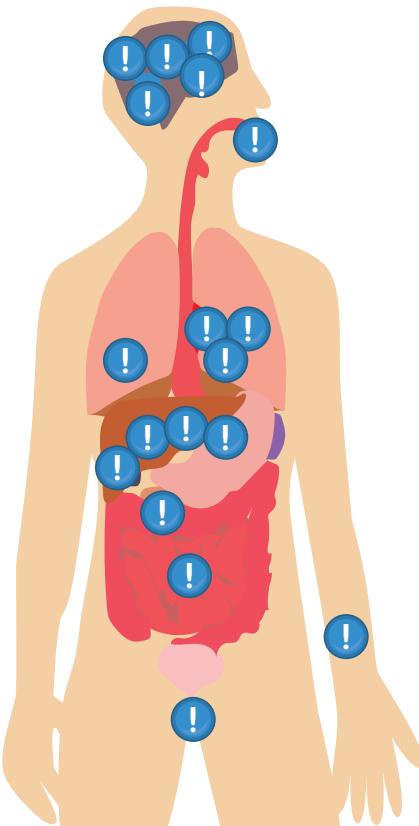


DRINK
INFORMED
ALCOHOL HARM RISK

You Scored 30 out of 40

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This means you are at slight risk
of developing the following
conditions.



Arrhythmia

Alcohol is a depressant, so it can make your moods low. Therefore it is very easy to slip into a vicious cycle of drinking to depress your feelings when actually the drink is making you feel worse.

Depression, anxiety, stress, low mood and trouble sleeping are common when people drink high levels of alcohol.

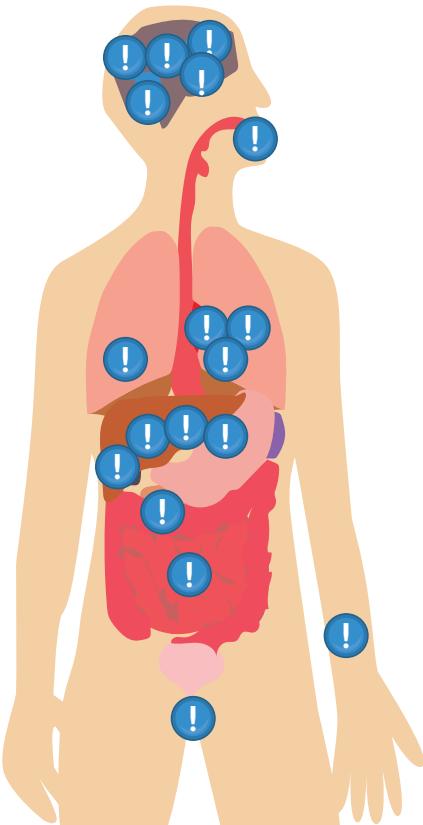


DRINK
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ALCOHOL HARM RISK

You Scored 30 out of 40

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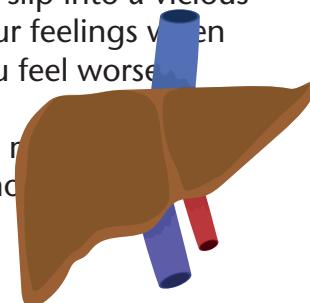
This means you are at slight risk
of developing the following
conditions.



Hepatitis

Alcohol is a depressant, so it can make your moods low. Therefore it is very easy to slip into a vicious cycle of drinking to depress your feelings when actually the drink is making you feel worse.

Depression, anxiety, stress, low mood and trouble sleeping are common when people drink high levels of alcohol.

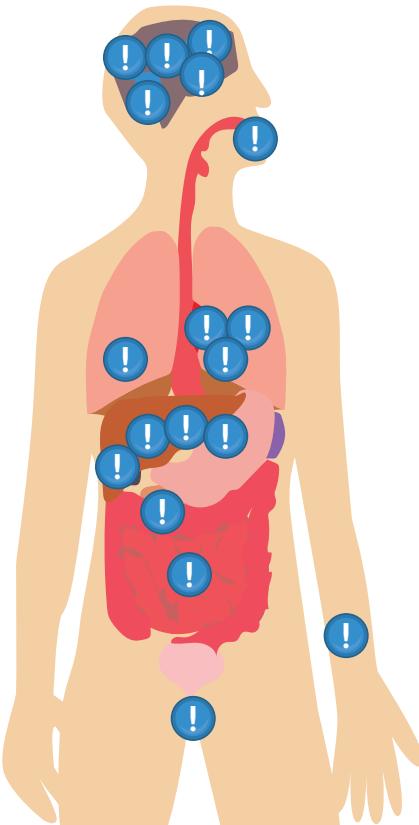


DRINK
INFORMED
ALCOHOL HARM RISK

You Scored 30 out of 40

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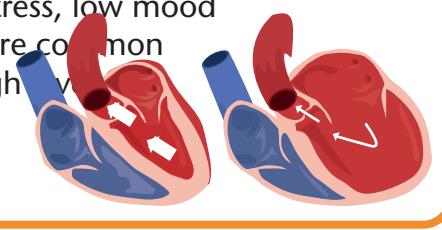
This means you are at slight risk
of developing the following
conditions.



Cardiomyopathy

Alcohol is a depressant, so it can make your moods low. Therefore it is very easy to slip into a vicious cycle of drinking to depress your feelings when actually the drink is making you feel worse.

Depression, anxiety, stress, low mood and trouble sleeping are common when people drink high levels of alcohol.

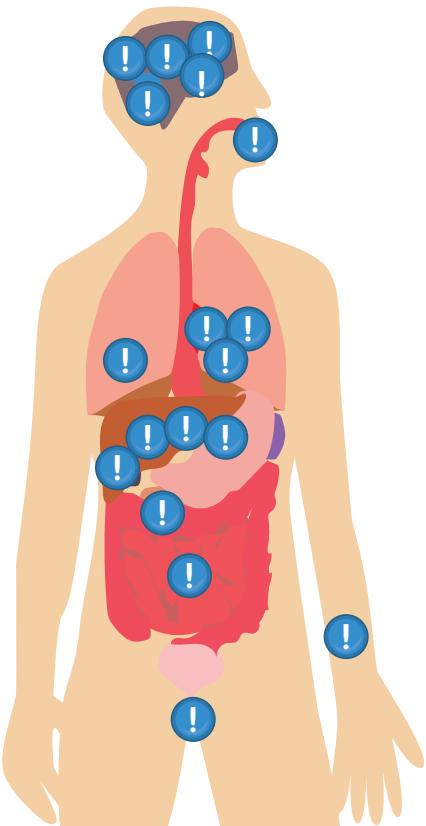


DRINK
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ALCOHOL HARM RISK

You Scored 30 out of 40

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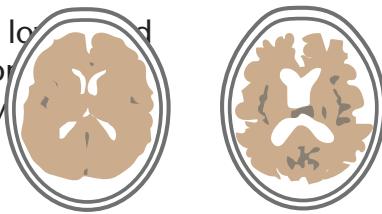
This means you are at slight risk
of developing the following
conditions.



Korsakoffs Syndrome

Alcohol is a depressant, so it can make your moods low. Therefore it is very easy to slip into a vicious cycle of drinking to depress your feelings when actually the drink is making you feel worse.

Depression, anxiety, stress, low mood and trouble sleeping are common when people drink high levels of alcohol.



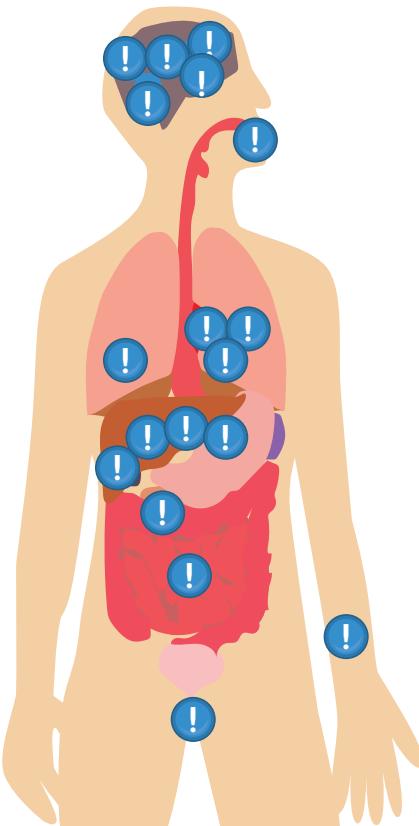
**DRINK
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ALCOHOL HARM RISK

You Scored 30 out of 40

[Back to start](#)

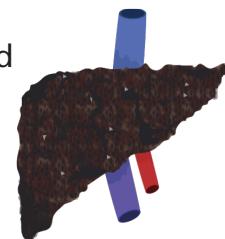
This means you are at slight risk
of developing the following
conditions.



Cirrhosis

Alcohol is a depressant, so it can make your moods low. Therefore it is very easy to slip into a vicious cycle of drinking to depress your feelings when actually the drink is making you feel worse.

Depression, anxiety, stress, low mood and trouble sleeping are common when people drink high levels of alcohol.

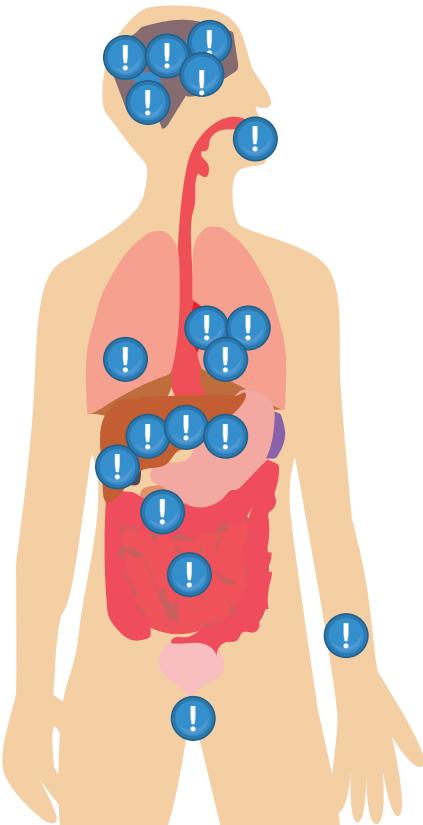


DRINK
INFORMED
ALCOHOL HARM RISK

You Scored 30 out of 40

[Back to start](#)

This means you are at slight risk
of developing the following
conditions.



Ascities

Alcohol is a depressant, so it can make your moods low. Therefore it is very easy to slip into a cycle of drinking to depress your feelings. In actuality the drink is making you feel worse.

Depression, anxiety, stress, low mood and trouble sleeping are common when people drink high levels of alcohol.

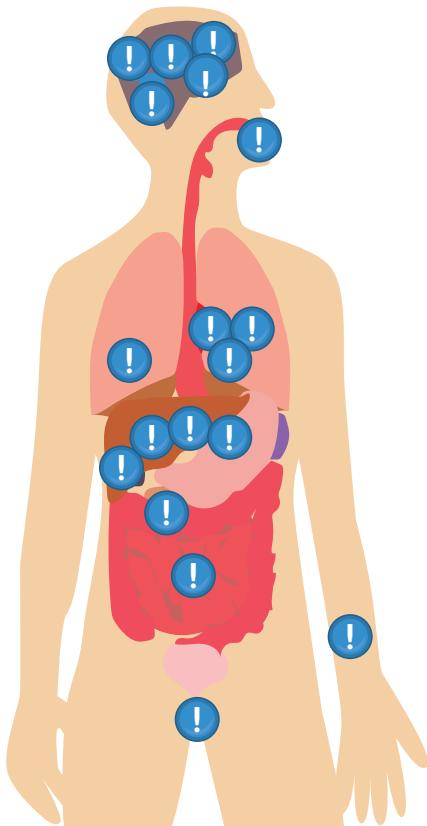


DRINK
INFORMED
ALCOHOL HARM RISK

You Scored 30 out of 40

[Back to start](#)

This means you are at slight risk
of developing the following
conditions.



Hepatic Encephalopathy

Alcohol is a depressant, so it can make your moods low. Therefore it is very easy to slip into a vicious cycle of drinking to depress your feelings when actually the drink is making you feel worse.

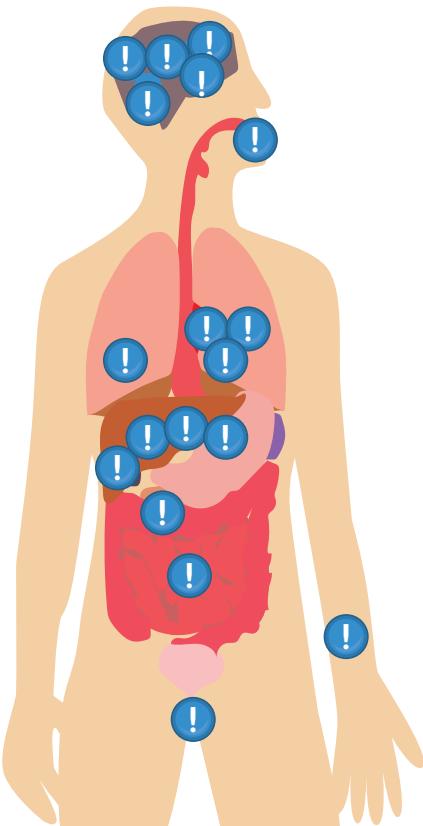


DRINK
INFORMED
ALCOHOL HARM RISK

You Scored 30 out of 40

[Back to start](#)

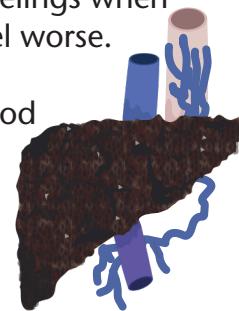
This means you are at slight risk
of developing the following
conditions.



Varices

Alcohol is a depressant, so it can make your moods low. Therefore it is very easy to slip into a vicious cycle of drinking to depress your feelings when actually the drink is making you feel worse.

Depression, anxiety, stress, low mood and trouble sleeping are common when people drink high levels of alcohol.

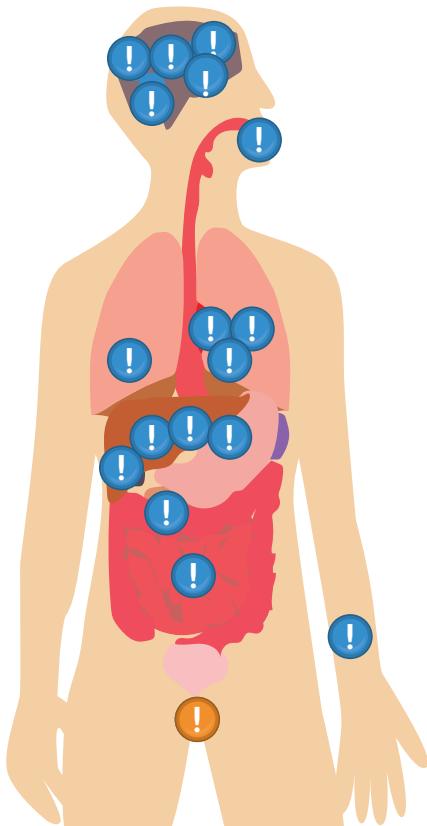


DRINK
INFORMED
ALCOHOL HARM RISK

You Scored 30 out of 40

[Back to start](#)

This means you are at slight risk
of developing the following
conditions.



Neuropathy

Alcohol is a depressant, so it can make your moods low. Therefore it is very easy to slip into a vicious cycle of drinking to depress your feelings when actually the drink is making you feel worse.

Depression, anxiety, stress, low mood and trouble sleeping are common when people drink high levels of alcohol.



DRINK
INFORMED

ALCOHOL HARM RISK