

Fast Alcohol Screening Test (FAST)

For the following questions please circle the answer which best applies to you.

(1 drink = 1/2 pint of beer or 1 glass of wine or 1 single spirit).

1. MEN: How often do you have EIGHT or more drinks on one occasion?
WOMEN: How often do you have SIX or more drinks on one occasion?

0. 1. 2. 3. 4.

Never. Less Than Monthly. Monthly. Weekly. Daily or Almost Daily

2. How often during the last year have you been unable to remember what happened the night before because you had been drinking?

0. 1. 2. 3. 4.

Never. Less Than Monthly. Monthly. Weekly. Daily or Almost Daily

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

0. 1. 2. 3. 4.

Never. Less Than Monthly. Monthly. Weekly. Daily or Almost Daily

4. In the last year has a relative or friend, or a doctor or other health worker been concerned about your drinking or suggested you cut down?

0. 1. 2. 3. 4.

Never. Less Than Monthly. Monthly. Weekly. Daily or Almost Daily
Scoring:

An overall total score of 3 or more is FAST positive.

What to do next?

If FAST positive, complete the remaining AUDIT questions which can be found here: http://www.alcohollearningcentre.org.uk/_library/FAST_UNITS.doc. And consult a health care professional if indicated.