Fast Alcohol Screening Test (FAST)

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Pint of Regular Beer/Lager/Cider

Alcopop or Can of Lager

Glass of Wine (175ml)

Single Measure of Spirits

Bottle of Wine

Remember, drinks poured at home are usually bigger

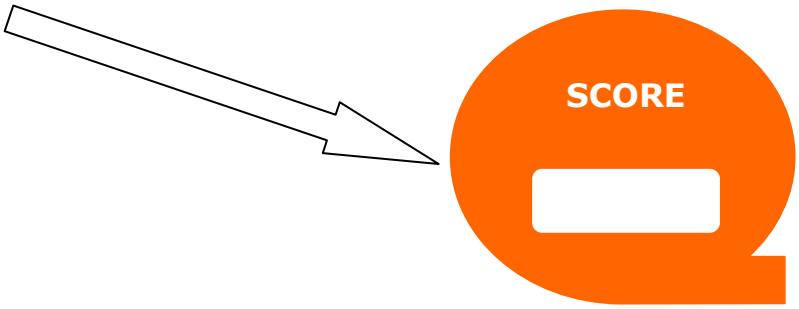
Questions	Scoring system					Your score
	0	1	2	3	4	
	Never	Less than monthly	Monthly	Weekly	Daily or almost daily	
How often do you have 8 units (men) / 6 units (women) or more on one occasion?						
If you scored zero above, then FAST is negative and you may stop. If you scored 1-4 then carry on.						
How often in the last year have you not been able to remember what happened when drinking the night before?						
How often in the last year have you failed to do what was expected of you because of drinking?						
Has a relative/friend/doctor/health worker been concerned about your drinking or advised you to cut down?	No		Yes, but not in the last year		Yes, during the last year	

Scoring:

An overall total score of 3 or above is FAST positive and may indicate hazardous or harmful drinking.

SCORE

Score from FAST (other side)



Remaining FAST questions

Questions	Scoring system					Your score
	0	1	2	3	4	
	Never	Less than monthly	Monthly	Weekly	Daily or almost daily	
How often do you have a drink that contains alcohol?						
How many units do you have on a typical day when you are drinking?	1 - 2	3 - 4	5 - 6	7 - 8	10+	
How often in the last year have you found you were not able to stop drinking once you had started?						
How often in the last year have you needed an alcoholic drink in the morning to get you going?						
How often in the last year have you had a feeling of guilt or regret after drinking?						
Have you or someone else been injured as a result of your drinking?	No		Yes, but not in the last year		Yes, during the last year	

Scoring:

0 – 7	Indicates Sensible Drinking
8 – 15	Indicates Hazardous Drinking
16 – 19	Indicates Harmful Drinking
20+	Indicates Possible dependence