



# What is Alcohol Use Disorder?



Alcohol Use Disorder, or AUD, is a health condition that can cause intense **cravings**, a **compulsion** to drink and a lack of **control** – even if that means negative **consequences** such as losing personal, family and work connections.

People may also refer to Alcohol Use Disorder as alcoholism or problem drinking, which negatively affects their day-to-day activities, relationships or health.

AUD can affect anyone at any point in their life for various reasons, whether that is biological, social or environmental. It is diagnosed by a health professional, and can be mild, moderate or severe.

The good news is that AUD is entirely treatable, and a full recovery is possible for just about everyone.

## How does someone know if they have Alcohol Use Disorder?

Alcohol Use Disorder is a condition that is assessed and diagnosed by a health professional. Many people who drink do not have Alcohol Use Disorder. However, answering YES or NO to the following questions<sup>1</sup> can help someone consider whether AUD might be a concern:

In the past year did you:

1. Have times when you ended up drinking more, or longer, than you intended?
2. Want to cut down or stop drinking, but couldn't?
3. Spend a lot of time drinking? Or being sick after drinking?
4. Want a drink so badly you couldn't think of anything else?
5. Find that drinking interfered with taking care of your home or family, or getting to work or school?
6. Continue to drink even though it was causing trouble with your family or friends?
7. Not go to activities that were important or interesting to you, in order to drink?
8. Get into hazardous situations during or after drinking that increased your chances of getting hurt?
9. Continue to drink even though it was affecting your health?
10. Find that your usual number of drinks had much less effect than before?
11. Find that you experienced withdrawal symptoms, such as trouble sleeping, shakiness, restlessness, or a racing heart?

*In general, responding YES to:*

*2-3 questions may indicate mild AUD; 4-5 may indicate moderate AUD; and 6+ may indicate severe AUD*

These questions do not replace medical advice. For a complete screening and diagnosis, please visit a health professional, such as your family doctor or nurse practitioner. To learn more about AUD, to take a self-assessment quiz, and for information on beginning a care journey, please visit:

**WWW.CAUDS.ORG**

