

# Fast Alcohol Screening Test (FAST)

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

1 drink = 1/2 pint of beer or 1 glass of wine or 1 single spirits

- 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?

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?

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?

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?

No                                      Yes, on one occasion                                      Yes, on more than one occasion