

P01-126

## AUDIT CUT-OFF POINT AT 1, 2, 3, 4, 5, 6, 7, 8, 9 OR 10: WHICH IS MORE INFORMATIVE?

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The Alcohol Use Disorders Identification Test (AUDIT) scores actually vary from place to place for many reasons. The traditional/cultural/ethnic, as well as gender peculiarities of alcohol problems in the given population may affect the AUDIT cut-off recommendation. Most studies have used a cut-off point of 8, others have suggested lower or higher cut-offs. Cut-off points between 5 and 8 and/or 9 and 10 have been suggested for problem drinking. How the AUDIT cut-off point varies from study to study is somewhat misleading as validation results actually show a lower AUDIT cut-off as compared to the recommended one. In this study we analyzed the various scores (0-40) of the AUDIT using psychophysiological parameters among a sample of university students in Belarus. The statistical value for significance was set at  $p < 0.05$ . This study reveals that the AUDIT cut-off which was highly informative for problem drinking among the males is 8 and above. For the females, any positive score (i.e. from 1 through 10) on the AUDIT was highly informative for problem drinking. Hence, any positive score on the AUDIT for a female and 8 for the males needs specific attention and therapeutic confirmation with additional consultation.