

Table 3–3
Classification of alcohol-related harms

| | Intoxication | Regular Excessive Use | Dependence |
|-----------------------------|--|--|--|
| Examples of problems | <ul style="list-style-type: none"> • hangovers • insomnia • reduced work performance • road and industrial accidents • unintended unsafe sexual practices • violence | <ul style="list-style-type: none"> • irritability • depression • anxiety • altered sleep patterns • hypertension • weight gain • gastritis • impotence • fatty liver • memory loss • financial issues | <ul style="list-style-type: none"> • cirrhosis • pancreatitis • oesophageal varices • peripheral neuritis • tolerance • withdrawal symptoms • anxiety • depression |
| Consumption patterns | <p>In a single session:</p> <ul style="list-style-type: none"> • > 6 standard drinks (male) • > 4 or more standard drinks (female) | <p>Standard drinks / day</p> <ul style="list-style-type: none"> • see NHMRC guidelines for short- and long-term harms (Appendix A) | <p>Standard drinks / day</p> <ul style="list-style-type: none"> • male > 10 • female > 8 |
| Prevalence | <p>Common</p> <ul style="list-style-type: none"> • 10–15%, especially in adolescence and early 20s | <p>Risky / harmful</p> <ul style="list-style-type: none"> • 10–20% population | <p>Relatively uncommon</p> <ul style="list-style-type: none"> • < 5% males • < 2% females |

Source: Thorley (1980) adapted by Litt et al. (1993, p. 5)