

## MAST

(Michigan Alcoholism Screening Test)

Name\_\_\_\_\_

Date\_\_\_\_\_

Score\_\_\_\_\_

		Points	
		Yes	No
1.	Do you feel you are a normal drinker?	2	-
2.	Have you ever awakened the morning after some drinking the night before and found that you could not remember part of the evening before?	2	-
3.	Does your wife, husband or parents ever worry or complain about your drinking?	1	-
*4.	Can you stop drinking without a struggle after one or two drinks?	-	2
5.	Do you ever feel bad about your drinking?	1	-
*6.	Do friends or relatives think you are a normal drinker?	-	2
7.	Do you ever try to limit your drinking to certain times of the day or to certain places?	1	-
*8.	Are you always able to stop drinking when you want to?	-	2
9.	Have you ever attended a meeting of Alcoholics Anonymous AA?	5	-
10.	Have you gotten into fights when drinking?	1	-
11.	Has drinking ever created problems with you and your wife, husband?	2	-

- |     |  |   |   |
|-----|--|---|---|
| 12. | Has your wife, husband or other family member ever gone to anyone for help about your drinking?  | 2 | - |
| 13. | Have you ever lost friends or girlfriends/boyfriends because of your drinking?   | 2 | - |
| 14. | Have you ever gotten into trouble at work because of drinking?   | 2 | - |
| 15. | Have you ever lost a job because of drinking?  | 2 | - |
| 16. | Have you ever neglected your obligations, your family, or your work for 2 or more days in a row because you were drinking?   | 2 | - |
| 17. | Do you ever drink before noon?   | 1 | - |
| 18. | Have you ever been told you have liver trouble? Cirrhosis?   | 2 | - |
| 19. | Have you ever had delirium tremens DTs, severe shaking, after heavy drinking?  | 2 | - |
| 20. | Have you ever gone to anyone for help about your drinking?   | 5 | - |
| 21. | Have you ever been in a hospital because of your drinking?   | 5 | - |
| 22. | Have you ever been a patient in a psychiatric hospital or on a psychiatric ward of a general hospital where drinking was part of the problem?  | 2 | - |
| 23. | Have you ever been seen at a psychiatric or mental health clinic, or gone to a doctor, social worker, or clergyman for help with an emotional problem in which drinking has played a part? | 2 | - |
| 24. | Have you ever been arrested, even for a few hours, because of drunk behavior?  | 2 | - |
| 25. | Have you ever been arrested for drunk driving or driving after drinking?   | 2 | - |

\* Negative responses are alcoholic responses

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Scoring: One point for each positive answer.

<=3 points, nonalcoholic.

4 points, suggestive of alcoholism.

5 or more, indicates alcoholism.

Reference: Selzer ML. The Michigan Alcoholism Screening Test: The quest for a new diagnostic instrument. *American Journal of Psychiatry* 127(12): 1653-1658, 1971.