

## The Michigan Alcoholism Screening Test (MAST)

	<b>Please circle either Yes or No for each item as it applies to you.</b>	<b>Yes</b>	<b>No</b>	<b>Points</b>
1	Do you feel you are a normal drinker? (By normal we mean you drink less than or as much as most other people).	Yes	No	1 <small>No Response</small>
2	Have you ever awakened the morning after some drinking the night before and found that you could not remember a part of the evening?	Yes	No	1
3	Does any near relative or close friend ever worry or complain about your drinking?	Yes	No	1
4	Can you stop drinking without difficulty after one or two drinks?	Yes	No	1 <small>No Response</small>
5	Do you ever feel guilty about your drinking?	Yes	No	1
6	Have you ever attended a meeting of Alcoholics Anonymous (AA)?	Yes	No	1
7	Have you gotten into physical fights when drinking?	Yes	No	1
8	Has your drinking ever created problems between you and a near relative or close friend?	Yes	No	1
9	Has any family member or close friend gone to anyone for help about your drinking?	Yes	No	1
10	Have you ever lost friends because of drinking?	Yes	No	1
11	Have you ever gotten into trouble at work or school because of drinking?	Yes	No	1
12	Have you ever lost a job because of drinking?	Yes	No	1
13	Have you ever neglected your obligations, your family or your work for two or more days in a row because you were drinking?	Yes	No	1
14	Do you drink before noon fairly often?	Yes	No	1
15	Have you ever been told you have liver trouble, such as cirrhosis?	Yes	No	1
16	After heavy drinking have you ever had Delirium Tremens (DT's), severe shaking, visual or auditory (hearing) hallucinations?	Yes	No	1
17	Have you ever gone to anyone for help about your drinking?	Yes	No	1
18	Have you ever been hospitalized because of drinking?	Yes	No	1
19	Has your drinking ever resulted in your being hospitalized in a psychiatric ward?	Yes	No	1
20	Have you even gone to any doctor, social worker, or clergyman, or mental health clinic for help with an emotional problem in which drinking was part of the problem?	Yes	No	1
21	Have you been arrested more than once for driving under the influence of alcohol?	Yes	No	1
22	Have you ever been arrested, even for a few hours, because of other behavior while drinking? If YES, how many times? _____)	Yes	No	1
	<b>Total   Score one point in you answered NO to questions #1 or #4 and one point if you answered YES for the remaining questions</b>			

### Scoring Results

- 0 - 2      No Apparent Problem
- 3 - 5      Early or Middle Problem Drinker
- 6 +        Problem Drinker