

Michigan Alcohol Screening Test

The MAST is a simple, self scoring test that helps assess if you have a drinking problem. Please circle the answers to the following Yes or No questions

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| 1 Do you feel you are a normal drinker? | yes | no |
| 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 |
| 3 Do your friends or family ever worry or complain about your drinking? | yes | no |
| 4 Can you stop drinking without a struggle? | yes | no |
| 5 Do you ever feel bad about your drinking? | yes | no |
| 6 Have you ever attended a meeting of Alcoholics Anonymous Anonymous? | yes | no |
| 7 Have you gotten into fights when drinking? | yes | no |
| 8 Has your drinking ever created problems with you and your friends or family? | yes | no |
| 9 Have your friends or any family members ever gone to anyone for help about your drinking? | yes | no |
| 10 Have you ever lost friends or spouse because of your drinking? | yes | no |
| 11 Have you ever gotten into trouble at work because of your drinking? | yes | no |
| 12 Have you ever lost a job because of your drinking? | yes | no |
| 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 |
| 14 Have you ever been told you have liver trouble? | yes | no |
| 15 Do you ever drink before noon? | yes | no |
| 16 Have you ever had delerium tremens (DT's). severe shaking, heard voices or seen things that weren't there after heavy drinking? | yes | no |
| 17 Have you ever gone to anyone for help about your drinking? | yes | no |
| 18 Have you ever been in a hospital because of your drinking? | yes | no |
| 19 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? | yes | no |
| 20 Have you ever gone to any doctor, social worker or clergyman for help with any emotional problem in which drinking played a part? | yes | no |
| 21 Have you ever been arrested, or detained by an official for a few hours, because of other behavior while drinking? | yes | no |
| 22 Have you ever been arrested for drunk driving or driving after drinking? | yes | no |

Score 1 point for each question if you answered the following:

Questions 1 and 4: No

Questions 2, 3, 7 through 25: Yes

0 - 2 No apparent problem

3 - 5 Early or middle problem drinker

6 + Problem drinker