

Michigan Alcohol Screening Test (MAST)

Does your spouse, parent, or relative ever worry or complain about your drinking? (yes)

Yes No

Do you ever feel guilty about your drinking? (yes)

Yes No

Do friends or relatives think you are a normal drinker? (no)

Yes No

Are you able to stop drinking when you want to? (no)

Yes No

Has drinking ever created a problem between you and your wife, husband, a parent, other relative?
(yes)

Yes No

Have you ever gotten into trouble at work because of drinking? (yes)

Yes No

Have you ever neglected your family or your work obligations, for two or more days in a row because of drinking? (yes)

Yes No

Have you ever gone to anyone for help about your drinking? (yes)

Yes No

Have you ever been to a hospital because of your drinking? (yes)

Yes No

Have you ever been arrested for drunken driving, driving while intoxicated, or driving under the influence of alcoholic beverages? (yes)

Yes No

Have you ever been arrested, even for a few hours, because of other drunken behavior? (yes)

Yes No

Do you feel you are a normal drinker? By normal we mean do you drink less than or as much as most other people do? (no)

Yes No

Scoring:

The responses in parenthesis indicate the presence of alcoholism.

0-1 Points = no problem

2 Points = possible alcoholism

3 Points = alcoholism