

The Michigan Alcohol Screening Test (MAST)

The following represents the 22 questions that make up the MAST.

Please answer YES or NO to the following questions:

1. Do you feel you are a normal drinker? ("normal" - drink as much or less than most other people)

YES or 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 or NO

3. Does any near relative or close friend ever worry or complain about your drinking?

YES or NO

4. Can you stop drinking without difficulty after one or two drinks?

YES or NO

5. Do you ever feel guilty about your drinking?

YES or NO

6. Have you ever attended a meeting of Alcoholics Anonymous (AA)?

YES or NO

7. Have you ever been involved in physical fights when drinking?

YES or NO

8. Has drinking ever created problems between you and a near relative or close friend?

YES or NO

9. Has any family member or close friend gone to anyone for help about your drinking?

YES or NO

10. Have you ever lost friends because of your drinking?

YES or NO

11. Have you ever got into trouble at work because of drinking?

YES or NO

12. Have you ever lost a job because of drinking?

YES or 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 or NO

14. Do you drink before noon fairly often?

YES or NO

15. Have you ever been told you have liver trouble such as cirrhosis?

YES or NO

16. After heavy drinking have you ever had delirium tremens (D.T.'s), severe shaking, visual or auditory (hearing) hallucinations?

YES or NO

17. Have you ever gone to anyone for help about your drinking?

YES or NO

18. Have you ever been hospitalised because of drinking?

YES or NO

19. Has your drinking ever resulted in your being hospitalised in a psychiatric ward?

YES or NO

20. Have you ever gone to any doctor, social worker, clergyman or mental health clinic for help with any emotional problem in which drinking was part of the problem?

YES or NO

21. Have you been arrested more than once for driving under the influence of alcohol?

YES or NO

22. Have you ever been arrested, even for a few hours because of other behaviour while drinking?

(If Yes, how many times _____)

YES or NO

Scoring

Please score one point if you answered the following:

1. No
2. Yes
3. Yes
4. No
5. Yes
6. Yes
- 7 through 22: Yes

Add up the scores and compare to the following score card:

- 0 - 2 = No apparent problem
- 3 - 5 = Early or middle problem drinker
- 6 or more = Problem drinker requiring help

The MAST alcohol test, is a 22 question, self-scoring test that helps evaluate whether a person has a drinking problem.

Not only this, but the MAST alcohol test is one of the most widely used instruments for determining alcohol abuse.

A score of 6 or more suggests that help should be sought from others with a major alcohol problem as well as relevant health professionals