

Michigan Alcohol Screening Test

The MAST Test is a simple, self-scoring test that helps assess if you have a drinking problem.

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 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 Alcoholic Anonymous (AA)?
YES or NO
7. Have you ever gotten into 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 gotten 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), sever shaking, or 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 hospitalized because of drinking?
YES or NO
19. Has your drinking ever resulted in your being hospitalized 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 behavior 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

If you think you or a loved one might have a problem with drug or alcohol dependency, please contact Choices & Changes. Our staff members are qualified, skilled, and caring professionals who are committed to "Helping Recovery Become Reality" - One life at a time.

Choices & Changes
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