

MAST (Michigan Alcoholism Screening Test)

Points

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| 2 | (*1.) | Do you feel you are a normal drinker? |
| 2 | 2. | Have you ever awakened the morning after some drinking the night before and found that you could not remember part of the evening before? |
| 1 | 3. | Does your wife, husband (or parents) ever worry or complain about your drinking? |
| 2 | *4. | Can you stop drinking without a struggle after one or two drinks? |
| 1 | 5. | Do you ever feel bad about your drinking? |
| 2 | (*6.) | Do friends or relatives think you are a normal drinker? |
| 0 | 7. | Do you ever try to limit your drinking to certain times of the day or to certain places? |
| 2 | *8. | Are you always able to stop drinking when you want to? |
| 5 | (9.) | Have you ever attended a meeting of Alcoholics Anonymous (AA)? |
| 1 | 10. | Have you gotten into fights when drinking? |
| 2 | 11. | Has drinking ever created problems with you and your wife, husband? |
| 2 | 12. | Has your wife, husband (or other family member) ever gone to anyone for help about your drinking? |
| 2 | (13.) | Have you ever lost friends or girlfriends/boyfriends because of your drinking? |
| 2 | (14.) | Have you ever gotten into trouble at work because of drinking? |
| 2 | 15. | Have you ever lost a job because of drinking? |
| 2 | (16.) | Have you ever neglected your obligations, your family, or your work for 2 or more days in a row because you were drinking? |
| 1 | 17. | Do you ever drink before noon? |
| 2 | 18. | Have you ever been told you have liver trouble? Cirrhosis? |
| 2 | (19.) | Have you ever had delirium tremens (DTs), severe shaking, after heavy drinking? |
| 5 | (20.) | Have you ever gone to anyone for help about your drinking? |
| 5 | (21.) | Have you ever been in a hospital because of your drinking? |
| 2 | 22. | 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? |
| 2 | 23. | Have you ever been seen at a psychiatric or mental health clinic, or gone to a doctor, social worker, or clergyman for help with an emotional problem in which drinking has played a part? |
| 2 | 24. | Have you ever been arrested, even for a few hours, because of drunk behavior? |
| 2 | (25.) | Have you ever been arrested for drunk driving or driving after drinking? |

The client would only do half of the Michigan Screening test. How should I write it up?

Score what he completed. Then, when you write it up, be sure you tell people that it was a half-MAST evaluation.



*Negative responses are alcoholic responses.

Note: Parentheses indicate questions included in the Brief MAST. Parentheses and underlines indicate questions included in the SMAST.

Scoring: A score of three points or less is considered nonalcoholic, four points is suggestive of alcoholism, and a score of five points or more indicates alcoholism.