

Michigan Alcoholism Screening Test (MAST)

POINTS	Question	Yes	No
0	0. Do you enjoy a drink now and then?		
2	1. *Do you feel you are a normal drinker? (By normal we mean you drink less than or as much as most other people		
2	2. Have you ever awakened the morning after some drinking the night before and found you could not remember a part of the evening?		
1	3. Does your wife, husband, a parent or other near relative 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 guilty about your drinking?		
2	6. *Do friends or relatives think you are a normal drinker?		
2	7. *Are you able to stop drinking when you want to?		
5	8. Have you ever attended a meeting of Alcoholics Anonymous (AA)?		
1	9. Have you gotten into physical fights when drinking?		
2	10. Has your drinking ever created problems between you and your wife, husband, a parent or other relative?		
2	11. Has your wife, husband (or other family member) ever gone to anyone for help about your drinking?		
2	12. Have you ever lost friends because of your drinking?		
2	13. Have you ever gotten into trouble at work or school because of drinking?		
2	14. Have you ever lost a job because of drinking?		
2	15. Have you ever neglected your obligations, your family, or your work for two or more days in a row because you were drinking?		
1	16. Do you drink before noon fairly often?		
2	17. Have you ever been told you have liver trouble? Cirrhosis?		
2	18. **After heavy drinking have you ever had Delirium Tremens (DTs) or severe shaking or heard voices or seen things that really weren't there?		
5	19. Have you ever gone to anyone for help about your drinking?		

- 5 20. Have you ever been in a hospital because of drinking?
- 2 21. 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 that resulted in hospitalization?
- 2 22. Have you ever been seen at a psychiatric or mental health clinic or gone to any doctor, social worker or clergyman for help with any emotional problem where drinking was a part of the problem?
- 2 23. ***Have you ever been arrested for drunk driving, driving while intoxicated or driving under the influence of alcoholic beverages? If YES, how many times? _____
- 2 24. Have you ever been arrested, or taken into custody, even for a few hours, because of other drunk behavior? If YES, how many times? _____

- Alcoholic Response is negative
- 5 points for each Delirium Tremens
- 2 points for each arrest

SCORING SYSTEM:

In general, five points or more would place the subject in *alcoholic* category. Four points would be suggestive of alcoholism, and three points or fewer would indicate the subject is not alcoholic.

Source: Selzer, ML. The Michigan Alcoholism Screening Test: The quest for a new diagnostic instrument. *American Journal of Psychiatry* 127:1653-1658, 1971.