



NATIONAL COUNCIL ON ALCOHOLISM AND DRUG DEPENDENCE
OF THE SAN FERNANDO VALLEY

6640 Van Nuys Blvd., Suite C
Van Nuys, CA 91405-4617
818-997-0414
FAX 818-997-0851
www.ncadd-sfv.org

Michigan Alcohol Screening Test

NOTE: This test can be [downloaded](#) in PDF format, but [Adobe Acrobat](#) is required.

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:

MICHIGAN ALCOHOLISM SCREENING TEST (MAST)

	YES	NO	Points
0. Do you enjoy drinking now and then?	<input type="checkbox"/>	<input type="checkbox"/>	
* 1. Do you feel you are a normal drinker? ("normal" - drink as much or less than most other people)	<input type="checkbox"/>	<input type="checkbox"/>	(2)
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?	<input type="checkbox"/>	<input type="checkbox"/>	(2)
3. Does your wife, husband, a parent, or other near relative ever worry or complain about your drinking?	<input type="checkbox"/>	<input type="checkbox"/>	(1)
* 4. Can you stop drinking without a struggle after one or two drinks?	<input type="checkbox"/>	<input type="checkbox"/>	(2)
5. Do you ever feel guilty about your drinking?	<input type="checkbox"/>	<input type="checkbox"/>	(1)
* 6. Do friends or relatives think you are a normal drinker?	<input type="checkbox"/>	<input type="checkbox"/>	(2)
* 7. Are you able to stop drinking when you want to?	<input type="checkbox"/>	<input type="checkbox"/>	(2)
8. Have you ever attended a meeting of Alcoholics Anonymous (AA)?	<input type="checkbox"/>	<input type="checkbox"/>	(5)
9. Have you gotten into physical fights when drinking?	<input type="checkbox"/>	<input type="checkbox"/>	(1)
10. Has your drinking ever created problems between you and your wife, husband, a parent, or other relative?	<input type="checkbox"/>	<input type="checkbox"/>	(2)
11. Has your wife, husband (or other family members) ever gone to anyone for help about your drinking?	<input type="checkbox"/>	<input type="checkbox"/>	(2)
12. Have you ever lost friends because of your drinking?	<input type="checkbox"/>	<input type="checkbox"/>	(2)
13. Have you ever gotten into trouble at work or school because of drinking?	<input type="checkbox"/>	<input type="checkbox"/>	(2)
14. Have you ever lost a job because of drinking?	<input type="checkbox"/>	<input type="checkbox"/>	(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?	<input type="checkbox"/>	<input type="checkbox"/>	(2)
16. Do you drink before noon fairly often?	<input type="checkbox"/>	<input type="checkbox"/>	(1)
17. Have you ever been told you have liver trouble? Cirrhosis?	<input type="checkbox"/>	<input type="checkbox"/>	(2)
** 18. After heavy drinking have you ever had Delirium Tremens (D.T.s) or severe shaking, or heard voices, or seen things that are really not there?	<input type="checkbox"/>	<input type="checkbox"/>	(2)
19. Have you ever gone to anyone for help about your drinking?	<input type="checkbox"/>	<input type="checkbox"/>	(5)
20. Have you ever been in a hospital because of drinking?	<input type="checkbox"/>	<input type="checkbox"/>	(5)

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 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?) (2)
- * Alcoholic response is negative
- ** 5 points for Delirium Tremens
- *** 2 points for each arrest

SCORING

Add up the points for every question you answered with YES, for Q23 and Q24 multiply the number of times by points

- 0 - 3 No apparent problem
- 4 Early or middle problem drinker
- 5 or more Problem drinker (Alcoholic)

Programs using the above scoring system find it very sensitive at the five point level and it tends to find more people alcoholic than anticipated. However, it is a screening test and should be sensitive at its lower levels.

References

Selzer, M.L., *The Michigan Alcoholism Screening Test (MAST): The Quest for a New Diagnostic Instrument. American Journal of Psychiatry*, 3:176-181, 1971.

Selzer, M.L., Vinokur, A., and van Rooijen, L., *Self-Administered Short Version of the Michigan Alcoholism Screening Test (SMAST). Journal of Studies on Alcohol*, 36:117-126, 1975

Print Form

ADMINISTRATIVE OFFICE
6640 Van Nuys Blvd., Suite C
Van Nuys, CA 91405-4617
818-997-0414

SANTA CLARITA VALLEY
24460 Lyons Avenue
Santa Clarita, CA 91321-2347
661-253-9400