



Michigan Alcohol Screening Test (MAST)

NAME: MAST Example

DATE: Oct 16 2017

DOB: Oct 31 1985

INSTRUMENT

The MAST (Michigan Alcoholism Screening Test) is a 22 question test which aims to evaluate an individuals ability to self-measure the level of their alcohol abuse (if at all) and the degree of their problematic alcohol consumption.

The MAST is used in a variety of AA programs as a means to examine whether an individual wishes to stop drinking.

SCORING

Interpretation

(19) Problem drinker

SURVEY ANSWERS

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|---|-----|
| Do you feel you are a normal drinker? (drink as much or less than most other people)? | NO |
| 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 |
| Does any near relative or close friend ever worry or complain about your drinking? | YES |
| Can you stop drinking without difficulty after one or two drinks? | YES |
| Do you ever feel guilty about your drinking? | YES |
| Have you ever attended a meeting of Alcoholics Anonymous (AA)? | YES |
| Have you ever gotten into physical fights when drinking? | YES |
| Has drinking ever created problems between you and a near relative or close friend? | YES |
| Has any family member or close friend gone to anyone for help about your drinking? | NO |
| Have you ever lost friends because of your drinking? | YES |
| Have you ever gotten into trouble at work because of drinking? | YES |
| Have you ever lost a job because of drinking? | YES |
| Have you ever neglected your obligations, your family, or your work for two or more days in a row because you were drinking? | YES |
| Do you drink before noon fairly often? | NO |
| Have you ever been told you have liver trouble such as cirrhosis? | YES |
| After heavy drinking, have you ever had delirium tremens (D.T.'s), severe shaking, visual or auditory (hearing) hallucinations? | YES |
| Have you ever gone to anyone for help about your drinking? | YES |
| Have you ever been hospitalized because of drinking? | YES |
| Has your drinking ever resulted in your being hospitalized in a psychiatric ward? | YES |
| 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 |
| Have you been arrested more than once for driving under the influence of alcohol? | YES |
| Have you ever been arrested, even for a few hours, because of other behavior while drinking? | YES |