

Michigan Alcohol Screening Test (MAST) was developed in 1971, and is one of the oldest and most accurate alcohol screening tests available, effective in identifying dependent drinkers with up to 98 percent accuracy.

Questions on the MAST test relate to the patient's self-appraisal of social, vocational, and family problems frequently associated with heavy drinking. The test was developed to screen for alcohol problems in the general population. The following is the 22-question, self-administered MAST.

The MAST Test

The MAST Test is a simple, self-scoring test that helps assess if you have a drinking problem. Answer yes or no to the following questions:

1. Do you feel you are a normal drinker? ("normal" is defined as drinking as much or less than most other people)
☐ Yes ☐ 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 ☐ No
3. Does any near relative or close friend ever worry or complain about your drinking?
☐ Yes ☐ No
4. Can you stop drinking without difficulty after one or two drinks?
☐ Yes ☐ No
5. Do you ever feel guilty about your drinking?
☐ Yes ☐ No
6. Have you ever attended a meeting of Alcoholics Anonymous (AA)?
☐ Yes ☐ No
7. Have you ever gotten into physical fights when drinking?
☐ Yes ☐ No
8. Has drinking ever created problems between you and a near relative or close friend?
☐ Yes ☐ No
9. Has any family member or close friend gone to anyone for help about your drinking?
☐ Yes ☐ No
10. Have you ever lost friends because of your drinking?
☐ Yes ☐ No
11. Have you ever gotten into trouble at work because of drinking?
☐ Yes ☐ No
12. Have you ever lost a job because of drinking?
☐ Yes ☐ No
13. Have you ever neglected your obligations, family, or work for two or more days in a row because you were drinking?
☐ Yes ☐ No
14. Do you drink before noon fairly often?
☐ Yes ☐ No
15. Have you ever been told you have liver trouble, such as cirrhosis?
☐ Yes ☐ No

16. After heavy drinking, have you ever had delirium tremens (DTs)², severe shaking, visual or auditory (hearing) hallucinations?

☐ Yes ☐ No

17. Have you ever gone to anyone for help about your drinking?

☐ Yes ☐ No

18. Have you ever been hospitalized because of drinking?

☐ Yes ☐ No

19. Has your drinking ever resulted in your being hospitalized in a psychiatric ward?

☐ Yes ☐ 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 ☐ No

21. Have you been arrested more than once for driving under the influence of alcohol?

☐ Yes ☐ No

22. Have you ever been arrested, or detained by an official for a few hours, because of other behavior while drinking?

☐ Yes ☐ No

Scoring the MAST Test

Score **one point** if you answered "no" to the following questions: 1 or 4. Score **one point** if you answered "yes" to the following questions: 2, 3, 5 through 22. A total score of six or more indicates hazardous drinking or alcohol dependence and further evaluation by a healthcare professional is recommended.

²Sources

National Council on Alcoholism and Drug Dependence of the San Fernando Valley, Michigan Alcohol Screening Test (MAST)³. Retrieved July 2007. Alcohol Concern. Primary Care Alcohol Information Service (PDF). Retrieved 2009.

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