

Patient Name: \_\_\_\_\_

Date: \_\_\_\_\_

## The Michigan Alcoholism Screening Test (MAST)

Please circle either Yes or No for each item as it applies to you.

|  |     |    |
|--|-----|----|
| 1. Do you feel you are a normal drinker? (By normal we mean you drink less than or as much as most other people.)  | Yes | No |
| 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?  | Yes | No |
| 3. Does your wife, husband, a parent, or other near relative ever worry or complain about your drinking?   | Yes | No |
| 4. Can you stop drinking without a struggle after one or two drinks?   | Yes | No |
| 5. Do you ever feel guilty about your drinking?  | Yes | No |
| 6. Do friends or relatives think you are a normal drinker?   | Yes | No |
| 7. Are you able to stop drinking when you want to?   | Yes | No |
| 8. Have you ever attended a meeting of Alcoholics Anonymous (AA)?  | Yes | No |
| 9. Have you gotten into physical fights when drinking?   | Yes | No |
| 10. Has your drinking ever created problems between you and your wife, husband, a parent, or other relative?   | Yes | No |
| 11. Has your wife, husband (or other family members) ever gone to anyone for help about your drinking?   | Yes | No |
| 12. Have you ever lost friends because of drinking?  | Yes | No |
| 13. Have you ever gotten into trouble at work or school because of drinking?   | Yes | No |
| 14. Have you ever lost a job because of drinking?  | Yes | No |
| 15. Have you ever neglected your obligations, your family or your work for two or more days in a row because you were drinking?  | Yes | No |
| 16. Do you drink before noon fairly often?   | Yes | No |
| 17. Have you ever been told you have liver trouble? Cirrhosis?   | Yes | No |
| 18. After heavy drinking have you ever had Delirium Tremens (D.T.s) or severe shaking, or heard voices or seen things that really were not there?  | Yes | No |
| 19. Have you ever gone to anyone for help about your drinking?   | Yes | No |
| 20. Have you ever been in a hospital because of drinking?  | Yes | No |
| 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?                   | Yes | No |
| 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 an emotional problem, where drinking was part of the problem? | Yes | No |
| 23. Have you ever been arrested for drunk driving, driving while intoxicated, or driving under the influence of alcoholic beverages?<br>(If YES, how many times? _____)                              | Yes | No |
| 24. Have you ever been arrested, or taken into custody even for a few hours, because of other drunk behavior?<br>(If YES, how many times? _____)   | Yes | No |

## Scoring the MAST

The version of the MAST included on this web site was provided by Professor Selzer, who indicated that the version published in 1971 in the American Journal of Psychiatry was modified in 1980.

In scoring the MAST points are assigned to a response depending upon whether the item is worded positively or negatively.

For items 1, 4, 6 and 7 negative answers are consistent with alcoholic responses.

For items 2, 3, 5, and 9-25 positive responses are consistent with alcoholic responses.

The scale assigns a 1-5 weighting to each of the items, with a rating of 5 being considered diagnostic of alcoholism. Questions that were highly discriminating were given a value of two points and others assigned a one-point value. An alcoholic response to questions 8, 19, or 20 is considered diagnostic and is assigned a value of five points.

A total score is computed as a sum of item values as seen in the table below. Total scores range from 0 to 53.

### MAST Point System

| Question                              | Points Assigned |
|---------------------------------------|-----------------|
| 1. (negative responses are alcoholic) | 2               |
| 2.                                    | 2               |
| 3.                                    | 1               |
| 4. (negative responses are alcoholic) | 2               |
| 5.                                    | 1               |
| 6. (negative responses are alcoholic) | 2               |
| 7. (negative responses are alcoholic) | 2               |
| 8.                                    | 5               |
| 9.                                    | 1               |
| 10.                                   | 2               |
| 11.                                   | 2               |
| 12.                                   | 2               |
| 13.                                   | 2               |
| 14.                                   | 2               |
| 15.                                   | 2               |
| 16.                                   | 1               |
| 17.                                   | 2               |
| 18.                                   | 2               |
| 19.                                   | 5               |
| 20.                                   | 5               |
| 21.                                   | 2               |
| 22.                                   | 2               |
| 23.                                   | 2               |
| 24.                                   | 2               |

Citation: Selzer ML: The Michigan Alcoholism Screening test (MAST): the quest for a new diagnostic instrument. American Journal of Psychiatry 3:176-181, 1975