

The Michigan Alcohol Screening Test (MAST Test)

One of the most widely used measures for assessing alcohol abuse, the MAST is a questionnaire designed to provide a rapid and effective screening for lifetime alcohol-related problems and alcoholism. The MAST has been productively used in a variety of settings with varied populations.

This 22-question self-test may help you become aware of your use or abuse of alcohol. This test specifically focuses on alcohol use, and not on the use of other drugs.

All calculators are made available as self-help tools for independent use with results based on information provided by the user. All examples are hypothetical and are for illustrative purposes only. Calculated results are believed to be accurate but results are not guaranteed. These assessments should be used for education about medical conditions only and are not for providing medical diagnosis. Only a health care professional can diagnose and recommend treatment. Users are advised to promptly check with a physician if a medical condition exists or is suspected.

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 \(DTs\)](#), 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.