



# FRED BROWN RECOVERY SERVICES

A Non-Profit Organization

## ALCOHOL SCREENING

The Michigan Alcohol Screening Test (MAST) was developed at Michigan University and is a simple, self scoring test that helps assess if you have a drinking problem. Please answer the following questions:

1.	Do you feel you are a normal drinker? ("normal" - drink as much or less than 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 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, your family, or your 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 (D.T.'s), 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, even for a few hours because of other behavior while drinking?	YES	NO

<b>SCORING</b> (Please score one point if you answered the following):		<b>Add up the scores and compare to the following score card:</b>	
1. No	5. Yes	No apparent problem	0
2. Yes	6. Yes	Low problem level	1 - 2
3. Yes	7 through 22: Yes	Moderate problem level	3 - 5
4. No		Serious problem drinking	6 or more