

The MAST Test

The Michigan Alcohol Screening Test (MAST) is a widely used and recognized self-administered screening test asking questions related to one's self-appraisal of social, vocational, and family problems frequently associated [with heavy drinking](#). It specifically measures drinking over the course of a lifetime.

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 your drinking?
 Yes No
12. Have you ever lost a job because of your 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? (prior to today)
 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 a moderate to severe Alcohol Use Disorder and further evaluation is usually recommended.
