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Psychotherapy, Individual, Couple & Family Consultation

The Marinwood Professional Center, 2400 Las Gallinas Avenue, Suite 160, San Rafael, CA 94903
Phone: 415.272.7758

The Michigan Alcoholism Screening Test (MAST) Test is a simple test that helps assess if you have a drinking problem. Your responses to these questions are strictly confidential and will not be submitted without your consent, unless ordered by a court.

The following questions represent many of the areas a professional would be evaluating. To get an accurate screening, it is very important for you to answer each and every question honestly. As you read through these questions, remember that we all may have experienced one or more bad moments or bad days. A short time means a few hours up to a couple of days; not weeks or months.

Please answer YES or NO to the following questions.

1. Do you feel you are a normal drinker? ("normal" means drinking as much as 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

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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

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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

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22. Have you ever been arrested, even for a few hours, because of other behavior while drinking?

Yes No

SCORING

Please score one point if you answered the following:

1. No
2. Yes
3. Yes
4. No
5. Yes
6. Yes
- 7 through 22: Yes

Add up the scores and compare to the following score card:

- 0 - 2 No apparent problem
- 3 - 5 Early or middle problem drinker
- 6 or more Problem drinker