MAST

Michigan Alcoholism Screening Test (MAST)

The MAST is a screening questionnaire designed to identify alcohol-related problems in adults. It is widely used in clinical settings to detect the risk of alcoholism and to refer patients for a more in-depth assessment or treatment.

Number of questions	25 questions
Estimated duration	10 minutes
Language	English
Original name	Michigan Alcoholism Screening Test
Target audience	Adults
Authors	Selzer, M.L. (1971)
Category	Addictions

Preview of the 25 questions

Do you feel you are a normal drinker?

Yes No

Have you ever awakened the morning after some drinking the night before and found that you could not remember part of the evening before?

Yes No

Does your wife, husband or parents ever worry or complain about your drinking?

Yes No

Can you stop drinking without a struggle after one or two drinks?

Yes No

Do you ever feel bad about your drinking?

Yes No

Scoring & interpretation

Each affirmative answer to a question receives a certain number of points depending on the severity of the indicator. The total score is then interpreted to determine the risk of alcoholism: a high score suggests a significant likelihood of alcohol dependence, and a low score indicates a low risk.