

Brief MAST

Client name _____

Date _____

Score _____

	Points	
	Yes	No
1. Do you feel you are a normal drinker?	-	2
2. Do friends or relatives think you are a normal drinker?	-	2
3. Have you ever attended a meeting of Alcoholics Anonymous?	5	-
4. Have you ever lost friends or girlfriends/boyfriends because of your drinking?	2	-
5. Have you ever gotten into trouble at school or work because of drinking?	2	-
6. Have you ever neglected your obligations, your family, or your work for 2 or more days in a row because you were drinking?	2	-
7. Have you ever had delirium tremens (DTs), severe shaking after heavy drinking or when you tried to quit drinking?	2	-
8. Have you ever gone to anyone for help about your drinking?	2	-
9. Have you ever been in a hospital because of your drinking?	5	-
10. Have you ever been arrested for drunk driving or driving after drinking?	2	-

Scoring:

A score of “6” or greater is generally an indication of an alcohol problem.

Most of those who are alcohol dependent will score a “17” or above.