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## Michigan Alcoholism Screening Test (MAST)

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The MAST is one of the most widely used measures for assessing alcohol abuse. The measure is a 25-item questionnaire designed to provide a rapid and effective screening for lifetime alcohol-related problems and alcoholism. The MAST, which can be used in either a paper-and-pencil or interview format, has been productively used in a variety of settings with varied populations. Several briefer versions of the MAST have been offered (see below).

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<b>Target Population</b>	Adults
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<b>Administrative Issues</b>	25 items, 0 subscales Pencil and paper self-administered or interview Time required: 10 min Administered by practitioner or self No training required for administration Also available are briefer versions of the MAST, including the 10-item Brief MAST (Pokorny et al., <i>Am J Psychiatry</i> 129:342-345, 1972), the 13-item Short MAST (SMAST) (Selzer et al., <i>J Stud Alcohol</i> 36:117-126, 1975), and a 9-item modified version called the Malmo modification (Mm-MAST) (Kristenson and Trelle, <i>Br J Addict</i> 77:297-304, 1982). A geriatric version of the MAST, called the MAST-G, also has been developed (Mudd et al., <i>Alcoholism Clin Exp Res</i> 17:489, 1993).
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<b>Scoring</b>	Time required: 5 minutes Scored by staff No computerized scoring or interpretation available No norms available
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<b>Psychometrics</b>	Reliability studies done: Test-retest Internal consistency Measures of validity derived: Content Criterion (predictive, concurrent, "postdictive")
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<b>Clinical Utility of Instrument</b>	To screen for alcoholism with a variety of populations.
<b>Research Applicability</b>	Useful in assessing extent of lifetime alcohol-related consequences.
<b>Copyright, Cost, and Source Issues</b>	No copyright Cost: \$5 for copy, no fee for use Source: Melvin L. Selzer, M.D. 6967 Paseo Laredo La Jolla, CA 92037
<b>Source Reference</b>	Selzer, M.L. The Michigan Alcoholism Screening Test: The quest for a new diagnostic instrument. <i>Am J Psychiatry</i> 127:1653-1658, 1971.
<b>Supporting References</b>	Zung, B.J., and Charalampous, K.D. Item analysis of the Michigan Alcoholism Screening Test. <i>J Stud Alcohol</i> 36:127-132, 1975. Skinner, H.A. A multivariate evaluation of the MAST. <i>J Stud Alcohol</i> 40:831-844, 1979. Zung, B.J. Factor structure of the Michigan Alcoholism Screening Test in a psychiatric outpatient population. <i>J Clin Psychol</i> 36:1024-1030, 1980. Skinner, H.A., and Sheu, W.J. Reliability of alcohol use indices: The Lifetime Drinking History and the MAST. <i>J Stud Alcohol</i> 43:1157-1170, 1982. Hedlund, J.L., and Vieweg, B.W. The Michigan Alcoholism Screening Test (MAST): A comprehensive review. <i>J Operational Psychiatry</i> 15:55-64, 1984.

## MICHIGAN ALCOHOLISM SCREENING TEST (MAST)

Points		YES	NO
	0. Do you enjoy a drink now and then?	___	___
(2)	*1. Do you feel you are a normal drinker? (By normal we mean you drink less than or as much as most other people.)	___	___
(2)	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?	___	___
(1)	3. Does your wife, husband, a parent, or other near relative ever worry or complain about your drinking?	___	___
(2)	*4. Can you stop drinking without a struggle after one or two drinks?	___	___
(1)	5. Do you ever feel guilty about your drinking?	___	___
(2)	*6. Do friends or relatives think you are a normal drinker?	___	___
(2)	*7. Are you able to stop drinking when you want to?	___	___
(5)	8. Have you ever attended a meeting of Alcoholics Anonymous (AA)?	___	___
(1)	9. Have you gotten into physical fights when drinking?	___	___
(2)	10. Has your drinking ever created problems between you and your wife, husband, a parent, or other relative?	___	___
(2)	11. Has your wife, husband (or other family members) ever gone to anyone for help about your drinking?	___	___
(2)	12. Have you ever lost friends because of your drinking?	___	___
(2)	13. Have you ever gotten into trouble at work or school because of drinking?	___	___
(2)	14. Have you ever lost a job because of drinking?	___	___
(2)	15. Have you ever neglected your obligations, your family, or your work for two or more days in a row because you were drinking?	___	___
(1)	16. Do you drink before noon fairly often?	___	___
(2)	17. Have you ever been told you have liver trouble? Cirrhosis?	___	___

\* Alcoholic response is negative

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	YES	NO
(2) **18. After heavy drinking have you ever had Delirium Tremens ( D.T.'s ) or severe shaking, or heard voices or seen things that really weren' t there?	___	___
(5) 19. Have you ever gone to anyone for help about your drinking?	___	___
(5) 20. Have you ever been in a hospital because of drinking?	___	___
(2) 21. Have you ever been a patient in a psychiatric hospital or on a psychiatric ward of a general hospital where drinking was part of the problem that resulted in hospitalization?	___	___
(2) 22. Have you ever been seen at a psychiatric or mental health clinic or gone to any doctor, social worker, or clergyman for help with any emotional problem, where drinking was part of the problem?	___	___
(2) ***23. Have you ever been arrested for drunk driving, driving while intoxicated, or driving under the influence of alcoholic beverages?	___	___
(IF YES, How many times? _____)		
(2) 24. Have you ever been arrested, or taken into custody, even for a few hours, because of other drunk behavior?	___	___
(IF YES, How many times? _____)		

    \*\* 5 points for each Delirium Tremens

    \*\*\* 2 points for each arrest

**SCORING SYSTEM:** In general, five points or more would place the subject in an "alcoholic" category. Four points would be suggestive of alcoholism, three points or less would indicate the subject was not alcoholic.

Programs using the above scoring system find it very sensitive at the five point level and it tends to find more people alcoholic than anticipated. However, it is a screening test and should be sensitive at its lower levels.