

# MAST SELF-REPORT EXAM

Name:

Date (mm/dd/yyyy)

The MAST is a simple, self-scoring test that helps assess if you have a drinking problem. 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 in 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 drinking?

YES

NO

12. Have you ever lost a job because of 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?

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

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***Please return this form to the office one day prior to your appointment or email it to [hwanderson@q.com](mailto:hwanderson@q.com). Or, you may FAX it to 970-205-9462. If you choose to email it you can go to Sendinc at [www.sendinc.com](http://www.sendinc.com) and mail it securely. You will need to set up an account, which is free. Thank you.***