

Michigan Alcoholism Screening Test - Geriatric Version (MAST-G)
Ó The Regents of the University of Michigan, 1991

	<u>Yes</u> (1)	<u>No</u> (0)
1. After drinking have you ever noticed an increase in your heart rate or beating in your chest?	1. ____	____
2. When talking with others, do you ever underestimate how much you actually drink?	2. ____	____
3. Does alcohol make you sleepy so that you often fall asleep in your chair?	3. ____	____
4. After a few drinks, have you sometimes not eaten or been able to skip a meal because you didn't feel hungry?	4. ____	____
5. Does having a few drinks help decrease your shakiness or tremors?	5. ____	____
6. Does alcohol sometimes make it hard for you to remember parts of the day or night?	6. ____	____
7. Do you have rules for yourself that you won't drink before a certain time of the day?	7. ____	____
8. Have you lost interest in hobbies or activities you used to enjoy?	8. ____	____
9. When you wake up in the morning, do you ever have trouble remembering part of the night before?	9. ____	____
10. Does having a drink help you sleep?	10. ____	____
11. Do you hide your alcohol bottles from family members?	11. ____	____
12. After a social gathering, have you ever felt embarrassed because you drank too much?	12. ____	____
13. Have you ever been concerned that drinking might be harmful to your health?	13. ____	____
14. Do you like to end an evening with a night cap?	14. ____	____
15. Did you find your drinking increased after someone close to you died?	15. ____	____
16. In general, would you prefer to have a few drinks at home rather than go out to social events?	16. ____	____
17. Are you drinking more now than in the past?	17. ____	____
18. Do you usually take a drink to relax or calm your nerves?	18. ____	____
19. Do you drink to take your mind off your problems?	19. ____	____
20. Have you ever increased your drinking after experiencing a loss in your life?	20. ____	____
21. Do you sometimes drive when you have had too much to drink?	21. ____	____
22. Has a doctor or nurse ever said they were worried or concerned about your drinking?	22. ____	____
23. Have you ever made rules to manage your drinking?	23. ____	____
24. When you feel lonely does having a drink help?	24. ____	____

Scoring: 5 or more "yes" responses indicative of alcohol problem.

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