

## Brief MAST

- yes  no Do you feel you are a normal drinker?
- yes  no Do friends or relatives think you are a normal drinker?
- yes  no Have you ever attended a meeting of Alcoholics Anonymous (AA)?
- yes  no Have you ever lost friends or girlfriends/boyfriends because of drinking?
- yes  no Have you ever gotten into trouble because of drinking?
- yes  no Have you ever neglected your obligations, your family, or your work for two or more days in a row because of drinking?
- yes  no Have you ever had delirium tremens (DTs), severe shaking, heard voices or seen things that weren't there after heavy drinking?
- yes  no Have you ever gone to anyone for help about your drinking?
- yes  no Have you ever been in a hospital because of drinking?
- yes  no Have you ever been arrested for drunk driving or driving after drinking?

\*\*\*The Brief MAST is based on the Michigan Alcoholism Screening Test developed by M. Selzer (*American Journal of Psychiatry* 27(12): 1653-1658, 1971.)  
Pokorny, Miller and Kaplan presented the brief version in the *American Journal of Psychiatry* 129(3): 342-345, 1972.

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### Scoring the BMAST

Questions one and two are scored for negative responses.  
Questions three through ten are scored for positive responses.

Points are assigned as follows:

Questions 3,8 and 9 are 5 points.  
All other questions are 2 points

Scoring less than 3 points, non-alcoholic  
4 points, suggestive of alcoholism  
5 or more, indicates alcoholism