



## Community Support Nights SMAST (Short Michigan Alcohol Screening Test)

[http://www.projectcork.org/clinical\\_tools/html/ShortMAST.html](http://www.projectcork.org/clinical_tools/html/ShortMAST.html)

- yes **no** 1. Do you feel you are a normal drinker?
- yes **no** 2. Do your spouse or parents worry or complain about your drinking?
- yes **no** 3. Do you ever feel bad about your drinking?
- yes **no** 4. Do friends or relatives think you are a normal drinker?
- yes **no** 5. Are you always able to stop drinking when you want to?
- yes **no** 6. Have you ever attended a meeting of Alcoholics Anonymous?
- yes **no** 7. Has drinking ever created problems between you and your spouse?
- yes **no** 8. Have you ever gotten into trouble at work because of drinking?
- yes **no** 9. Have you ever neglected your obligations, your family, or your work for two or more days in a row because you were drinking?
- yes **no** 10. Have you ever gone to anyone for help about your drinking?
- yes **no** 11. Have you ever been in the hospital because of drinking?
- yes **no** 12. Have you ever been arrested even for a few hours because of drinking?
- yes **no** 13. Have you ever been arrested for drunk driving or driving after drinking?

Scoring: 1 point for each of answers in bold  
2 points possible problem  
3 points probable alcohol problem

Reference: Seltzer MA; Vinokur A; Van Rooijen LJ. A Self-Administered Short Michigan Alcohol Screening Test (SMAST) *Journal of Studies on Alcohol* 36:117-126, 1975