

How do I find out if I have a drinking or drug problem?

Take the test below to find out.

This is the CAGE test. Answer the questions yes/no.

1. Have you ever felt you should cut down on your drinking?
2. Have people annoyed you by criticizing your drinking?
3. Have you ever felt bad or guilty about your drinking?
4. Have you ever had a drink first thing in the morning to steady nerves or get rid of a hangover?

Scoring: One yes, you should consider whether you should continue. Two or three affirmative answers should create a high index of suspicion about abuse turning into dependence. Four positive answers indicate dependence (alcoholism).

Michigan Alcohol Screening Test

The MAST Test is a simple, self scoring test that helps assess if you have a drinking problem. Please circle the answers to the following YES or NO questions:

1. Do you feel you are a normal drinker? ("normal" - drink as much or less than most other people) Circle Answer: YES NO
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? Circle Answer: YES NO
3. Does any near relative or close friend ever worry or complain about your drinking? Circle Answer: YES NO
4. Can you stop drinking without difficulty after one or two drinks? Circle Answer: YES NO
5. Do you ever feel guilty about your drinking? Circle Answer: YES NO
6. Have you ever attended a meeting of Alcoholics Anonymous (AA)? Circle Answer: YES NO
7. Have you ever gotten into physical fights when drinking? Circle Answer: YES NO
8. Has drinking ever created problems between you and a near relative or close friend? Circle Answer: YES NO
9. Has any family member or close friend gone to anyone for help about your drinking? Circle Answer: YES NO
10. Have you ever lost friends because of your drinking? Circle Answer: YES NO

11. Have you ever gotten into trouble at work because of drinking? Circle Answer: YES NO
12. Have you ever lost a job because of drinking? Circle Answer: YES NO
13. Have you ever neglected your obligations, your family, or your work for two or more days in a row because you were drinking? Circle Answer: YES NO
14. Do you drink before noon fairly often? Circle Answer: YES NO
15. Have you ever been told you have liver trouble such as cirrhosis? Circle Answer: YES NO
16. After heavy drinking have you ever had delirium tremens (D.T.'s), severe shaking, visual or auditory (hearing) hallucinations? Circle Answer: YES NO
17. Have you ever gone to anyone for help about your drinking? Circle Answer: YES NO
18. Have you ever been hospitalized because of drinking? Circle Answer: YES NO
19. Has your drinking ever resulted in your being hospitalized in a psychiatric ward? Circle Answer: 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? Circle Answer: YES NO
21. Have you been arrested more than once for driving under the influence of alcohol? Circle Answer: YES NO
22. Have you ever been arrested, even for a few hours because of other behavior while drinking? (If Yes, how many times _____) Circle Answer: YES NO

Scoring for the MAST Test

Please score one point if you answered the following:

1. No 2. Yes 3. Yes 4. No 5. Yes 6. Yes

7 through 22: Yes

Add up the scores and compare to the following score card:

0 - 2 No apparent problem

3 - 5 Early or middle problem drinker

6 or more Problem drinker