MICHIGAN ALCOHOL SCREENING TEST – GERIATRIC VERSION (MAST-G)

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

Note: Five or more “yes” responses are indicative of an alcohol problem.