



IN SIGHT

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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.