

MAST-G

Description:

The MAST-G (Michigan Alcoholism Screening Test-Geriatric Version) varies from the MAST in that the questions highlight the special employment and social situations of someone who is retired and how that can relate to alcohol abuse. The tool consists of 24 questions.

Sensitivity and Specificity

According to one study, the MAST-G has a sensitivity of 93% and a specificity of 65% (Joseph et al, 1995)

Advantages

Specific to senior populations and concerns

Limitations

Considered brief and for initial assessment only

Scoring

A score of 5 or more "yes" responses is indicative of a potential alcohol problem and suggests the need for further assessment.

The MAST-G

After drinking, have you ever noticed an increase in your heart rate or beating in your chest?

When talking with others, do you ever underestimate how much you actually drink?

Does alcohol make you sleepy so that you often fall asleep in your chair?

After a few drinks, have you sometimes not eaten or been able to skip a meal?

Does having a few drinks help decrease your shakiness or Tremors?

Does alcohol sometimes make it hard for you to remember parts of the day or night?

Do you have rules for yourself that you won't drink before a certain time of the day?

Have you lost interest in hobbies or activities you used to enjoy?

When you wake up in the morning, do you have trouble remembering the night before?

Does having a drink, help you sleep?

Do you hide your alcohol bottles from Family members?

After a social gathering, have you ever felt embarrassed because you drank too much?

Have you ever been concerned that drinking might be harmful to your health?

Do you like to end an evening with. a nightcap?

Did you find your drinking increased after someone dose to you died?

In general, would you prefer to have a few drinks at home rather than go out to social events?

Are you drinking more now than in the past?

Do you usually take a drink to relax or calm your nerves?

Do you drink to take your mind off your problems?

Have you ever increased your drinking after experiencing a loss in your life?

Do you sometimes drive when you have had too much to drink?

Has a doctor or nurse ever said they were worried or concerned about your drinking?

Have you ever made rules to manage your drinking?

When you feel lonely does having a drink help?