

CAGE Questionnaire & Brief MAST

CAGE Questionnaire

Have you ever felt you ought to	Cut down on your drinking?
Have people	Annoyed you by criticizing your drinking?
Have you ever felt bad or	Guilty about your drinking?
Have you ever had a drink first thing in the morning to steady your nerves or get rid of a hangover?	Eye-opener?

Two “yes” answers correctly identify 75% of problem drinkers. Three “yes” answers raises this specificity to over 95%.

Brief MAST

Points

- 2 *1. Do you feel you are a normal drinker?
 - 2 *2. Do friends or relatives think you are a normal drinker?
 - 5 3. Have you ever attended a meeting of Alcoholics Anonymous?
 - 2 4. Have you ever lost friends or boy/girlfriends because of drinking?
 - 2 5. Have you ever gotten into trouble at work because of drinking?
 - 2 6. Have you ever neglected your obligations, your family, or your work for two or more days in a row because you were drinking?
 - 2 7. Have you ever had delirium tremens (DTs), severe shaking, heard voices, seen things that weren't there after heavy drinking?
 - 5 8. Have you ever gone to anyone for help because of your drinking?
 - 5 9. Have you ever been in a hospital because of drinking?
 - 2 10. Have you ever been arrested for drunk driving or driving after drinking?
- (*) Negative responses are problem drinker responses.
 - Scoring: Three or less points, nonalcoholic; 4 points, suggestive of alcoholism; 5 or more points indicates alcoholism.