Short MAST-Geriatric Version (SMAST-G)

1. When talking with others, do you ever underestimate how much you drink?
   Yes ☐  No ☐

2. After a few drinks, have you sometimes not eaten or been able to skip a meal because you didn’t feel hungry?
   Yes ☐  No ☐

3. Does having a few drinks help decrease your shakiness or tremors?
   Yes ☐  No ☐

4. Does alcohol sometimes make it hard for you to remember parts of the day or night?
   Yes ☐  No ☐

5. Do you usually take a drink to calm your nerves?
   Yes ☐  No ☐

6. Do you drink to take your mind off your problems?
   Yes ☐  No ☐

7. Have you ever increased your drinking after experiencing a loss in your life?
   Yes ☐  No ☐

8. Has a doctor or nurse ever said they were worried or concerned about your drinking?
   Yes ☐  No ☐

9. Have you ever made rules to manage your drinking?
   Yes ☐  No ☐

10. When you feel lonely, does having a drink help?
    Yes ☐  No ☐

Extra Question:
Do you drink alcohol and take mood or mind altering drugs, including prescription tranquilizers, prescription sleeping pills, prescription pain pills, or any illicit drugs?
Yes ☐  No ☐

Scoring:
Score 1 point for each “yes” answer and total the responses.
2+ points are indicative of an alcohol problem and a brief intervention should be conducted.
(The extra question should not be calculated in the final score but should be asked.)