



**SMAST-G**

**SHORT MICHIGAN ALCOHOLISM SCREENING TEST**

This questionnaire asks about patient’s experiences in the past year. If responses are ambiguous or evasive, continue asking for clarification and ask the patient to the response closest to his or her experience.

Using the amount of drinking and related symptoms for the heaviest drinking period of the past year will provide the most useful information. However, clinicians need to make a note of the special circumstances and time period assessed for that particular patient.

In the past year:

	Yes	No
1) When talking with others, do you ever underestimate how much you actually drink?	1	0
2) After a few drinks, have you sometimes not eaten or been able to skip a meal because you do not feel hungry?	1	0
3) Does having a few drinks help decrease your shakiness or tremors?	1	0
4) Does alcohol sometimes make it hard for you to remember parts of the day or night?	1	0
5) Do you usually take a drink to relax or calm your nerves?	1	0
6) Do you drink to take your mind off your problems?	1	0
7) Have you ever increased your drinking after experiencing a loss in your life?	1	0
8) Has a doctor or a nurse ever said that they were worried about your drinking?	1	0
9) Have you ever made rules to manage your drinking?	1	0
10) When you feel lonely, does having a drink help?	1	0

**SCORING**

Total SMAST-G Score (0-10)\_\_\_\_\_

A total of two or more “yes” responses indicate a probable alcohol problem.

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Blow FC: Short Michigan Alcoholism Screening Test—Geriatric Version (SMAST-G). Ann Arbor, University of Michigan Alcohol Research Center, 1991.