

Short Michigan Alcoholism Test Geriatric Version (SMAST-G)

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

Total SMAST G Score (0-10) _____

SCORING 2 OR MORE "YES" RESPONSES IS INDICATIVE OF AN ALCOHOL PROBLEM.

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