



### Short Michigan Alcoholism Screening Test-Geriatric Version (SMAST-G)

	Yes (1)	No (0)
1. When talking with others, do you ever underestimate how much 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 your 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?		
<b>TOTAL SMAST-G-SCORE (0-10) _____</b>		
<b>SCORING: 2 OR MORE "YES" RESPONSES IS INDICATIVE OF AN ALCOHOL PROBLEM.</b>		
<p>Ask the extra question below but do not calculate it in the final score.</p> <p>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?</p> <p>© The Regents of the University of Michigan, 1991. Source: University of Michigan Alcohol Research Center.<sup>800</sup> Adapted with permission.</p>		