



## Children of Alcoholics Screening Test (CAST)

The following test was developed by two social workers – Jones and Pilat. Please check the answer below that best describes your feelings, behavior and experiences related to a parent’s alcohol use. Take your time and be as accurate as possible.

- Have you ever thought that one of your parents had a drinking problem?
- Have you ever lost sleep because of a parent’s drinking?
- Did you ever encourage one of your parents to quit drinking?
- Did you ever feel alone, scared, nervous, angry or frustrated because a parent was not able to stop drinking?
- Did you ever argue or fight with a parent when he or she was drinking?
- Did you ever threaten to run away from home because of a parent’s drinking?
- Has a parent ever yelled at or hit you or other family members when drinking?
- Have you ever heard your parents fight when one of them was drunk?
- Did you ever protect another family member from a parent who was drinking?
- Did you ever feel like hiding or emptying a parent’s bottle of liquor?
- Do many of your thoughts revolve around a problem drinking parent or difficulties that arise because of his or her drinking?
- Did you ever wish that a parent would stop drinking?
- Did you ever feel responsible for or guilty about a parent’s drinking?
- Did you ever fear that your parents would get divorced due to alcohol misuse?
- Have you ever withdrawn from and avoided outside activities and friends because of embarrassment and shame over a parent’s drinking problem?
- Did you ever feel caught in the middle of an argument or fight between a problem drinking parent and your other parent?
- Did you ever feel that you made a parent drink alcohol?
- Have you ever felt that a problem drinking parent did not really love you?
- Did you ever resent a parent’s drinking?
- Have you ever worried about a parent’s health because of his or her alcohol use?
- Have you ever been blamed for a parent’s drinking?
- Did you ever think your father was an alcoholic?



- \_\_\_ Did you ever wish your home could be more like the homes of your friends who did not have a parent with a drinking problem?
- \_\_\_ Did a parent ever make promises to you that he or she did not keep because of drinking?
- \_\_\_ Did you ever think your mother was an alcoholic?
- \_\_\_ Did you ever wish that you could talk to someone who could understand and help the alcohol-related problems in your family?
- \_\_\_ Did you ever fight with your brothers and sisters about a parent's drinking?
- \_\_\_ Did you ever stay away from home to avoid the drinking parent or your other parent's reaction to the drinking?
- \_\_\_ Have you ever felt sick, cried, or had a "knot" in your stomach after worrying about a parent's drinking?
- \_\_\_ Did you ever take over any chores and duties at home that were usually done by a parent before he or she developed a drinking problem?

**Score:**

*Total your number of "yes" answers.*

*If you scored 0 – 1: Most likely your parent is not an alcoholic. A score of 1 might suggest a problem drinking.*

*If you scored 2-5: You have had problems due to at least one of your parent's drinking. Your parent is possibly an alcoholic.*

*If you scored higher greater than 6: Chances are you are the child of an alcoholic.*

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