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__ Have you ever withdrawn from and avoided outside activities and friends because of embarrassment and shame over a parent’s drinking problem?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.