

酒精癥狀檢查表 (Alcohol Symptom Checklist – Chinese)

此清單將說明您和您的提供者瞭解酒精和其他藥物如何影響您的健康。

請想想你過去12個月的生活。然後流覽下面的問題，併為每個問題回答“是”或“否”。

在過去的12個月里。

	是的	不
1. 喝同樣量的效果比以前少嗎？還是你必須喝更多才能感受到你想要的效果？ <i>如果任一問題對您來說是正確的，請回答“是”。</i>		
2. 當你不喝酒或試圖減少飲酒時，您是否有胃部不適或出汗、顫抖或緊張？您是否喝酒或服用一些東西來幫助您感覺更好？ <i>如果任一問題對您來說是正確的，請回答“是”。</i>		
3. 您是否有過喝得比您想要的更多或更長的時間？		
4. 你想減少或停止飲酒，但不能嗎？		
5. 您是否花了很多時間喝酒、喝酒或宿醉？		
6. 您是否繼續飲酒，即使您認為它可能會導致身體或精神問題 - 或使它們變得更糟？		
7. 喝酒會讓你更難跟上你在工作、學校或家裡的責任嗎？		
8. 你是否在酒後做了不止一次危險的事情——比如開車或操作機器？		
9. 您是否喝酒，即使您認為這可能會給您的家人或其他人帶來問題？		
10. 您是否對酒精有強烈的慾望或渴望？		
11. 您是否因為喝酒而減少了工作、愛好或與他人相處的時間？		
“是”答覆的數量		

(For the health professional)

Scoring the checklist*

Each “Yes” answer receives a point. Points are added for a total score that reflects the severity of a possible alcohol use disorder. The health professional should assess whether symptoms reoccur. If symptoms reoccur, refer to table below:

Score	Category	Indicated action
0 - 1	Symptoms are not consistent with an alcohol use disorder	Brief education
2 - 3	Symptoms are consistent with mild alcohol use disorder	Brief intervention using motivational interviewing and harm reduction.
4 - 5	Symptoms are consistent with moderate alcohol use disorder	
6+	Symptoms are consistent with severe alcohol use disorder	

Surveys report that most people living with a substance use disorder do not believe they need treatment. The path to accepting treatment for an alcohol use disorder is usually forged over time and begins with the patient reducing harm from their use and improving their quality of life.

The patient may be willing to brainstorm ways to reduce their harm from drinking, which can include stopping drinking; accepting counseling, medications, or participation in a support group; reducing drinking; counting drinks; not using other substances when drinking; substituting less intoxicating beverages; drinking on a full stomach; drinking in safer environments; getting regular health care. The patient may choose not to change their drinking.

Below is a four-step model of performing a brief intervention. More info at www.sbirthoregon.org

Raise the subject

- “Thanks for filling out this form – is it okay if we briefly talk about your alcohol use?”
- “Just so you know, my role is to help you assess the risks so you can make your own decisions. I want to help you improve your quality of life on your own timeline.”
- “What can you tell me about your alcohol use?”

Share information

- Explain any association between the patient’s use and their health complaint, then ask, “Do you think your use has anything to do with your [anxiety, insomnia, STD, etc.]?”
- Share information about alcohol use disorder.
- Ask the patient: “What do you think of this information?”

Enhance motivation

- Ask patient about perceived pros and cons of their use, then summarize what you hear.
- Elicit a goal: “Where do you want to go from here? What’s your goal, or vision?”
- Gauge patient’s readiness/confidence to reach their goal. If using Readiness Ruler: “Why do did you pick that number on a scale of 0-10 instead of ____ [lower number]?”

Identify plan

- If patient is ready, ask: “What steps do you think you can take to reach your goal?”
- Affirm the patient’s readiness/confidence to meet their goal and affirm their plan.
- “Can we schedule an appointment to check in and see how your plan is going? You may want to change your goal or make a new plan.”

* Hallgren KA, Matson TE, Oliver M, Witkiewitz K, Bobb JF, Lee AK, Caldeiro RM, Kivlahan D, Bradley KA. Practical Assessment of Alcohol Use Disorder in Routine Primary Care: Performance of an Alcohol Symptom Checklist. *J Gen Intern Med.* 2022 Jun;37(8):1885-1893. doi: 10.1007/s11606-021-07038-3. Epub 2021 Aug 16. PMID: 34398395; PMCID: PMC9198160.