

# 藥物篩選問卷 (DAST - Cantonese - traditional)

使用藥物會影響您的健康以及您可能服用的一些藥物  
請回答以下問題，幫助我們為您提供最好的醫療服務

- |   |  |
|---|--|
| <input type="checkbox"/> 甲基苯丙胺（速度、晶體）     | <input type="checkbox"/> 可卡因               |
| <input type="checkbox"/> 大麻（大麻、罐）         | <input type="checkbox"/> 麻醉劑（海洛英、癮考酮、美沙酮等） |
| <input type="checkbox"/> 吸入劑（油漆天拿水、氣霧劑、膠水 | <input type="checkbox"/> 致幻劑（LSD、蘑菇）       |
| <input type="checkbox"/> 鎮靜劑（Valium）      | <input type="checkbox"/> 其他 _____          |

你幾耐使用呢啲藥物一次？  每月或更少  每周  每日或幾乎每日

1. 你是否使用過醫療原因所需的藥物以外的藥物？	唔係	係
2. 你是否一次濫用不止一種藥物？	唔係	係
3. 你總是能夠在你想的時候停止使用藥物嗎？	唔係	係
4. 您是否曾因吸毒而昏厥或閃回？	唔係	係
5. 你是否曾對自己的藥物使用感到難過或內疚？	唔係	係
6. 您的配偶（或父母）是否曾抱怨過您涉毒？	唔係	係
7. 你是否因為吸毒而忽視了家人？	唔係	係
8. 你是否為咗獲得毒品而從事非法活動？	唔係	係
9. 你有冇啲停止服藥時出現過戒斷症狀（感覺唔舒服）？	唔係	係
10. 您是否因吸毒而出現健康問題（例如記憶力減退、肝炎、抽搐、出血）？	唔係	係

你注射過毒品嗎？  從來沒有  是，在過去90天內  係，超過90天前

你是否接受過藥物濫用治療？  從不  當前在過去

I	II	III	IV
0	1-2	3-5	6+

(For the health professional)

**Scoring and interpreting the DAST:**

“Yes” responses receive one point each, **except for question #3, which receives one point for a “No” answer.** Points are added for a total score, which correlates with a zone of use that can be circled on the bottom right corner of the first page.

Score	Zone of use	Indicated action
0	<b>I – No risk</b> No risk of related health problems	None
1 - 2, plus the following criteria: No daily use of any substance; no weekly use of drugs other than cannabis; no injection drug use in the past 3 months; not currently in treatment.	<b>II – Risky</b> Risk of health problems related to drug use.	Offer brief education on the benefits of abstaining from drug use. Monitor at future visits.
1 - 2 (without meeting criteria)		Brief intervention
3 - 5	<b>III – Harmful</b> Risk of health problems related to drug use and a possible mild or moderate substance use disorder.	Brief intervention (offer options that include treatment)
6+	<b>IV – Severe</b> Risk of health problems related to drug use and a possible moderate or severe substance use disorder.	

**Brief education:** Inform patients about low-risk consumption levels and the risks of excessive alcohol use.

**Brief intervention:** Patient-centered discussion that employs Motivational Interviewing concepts to raise an patient’s awareness of their substance use and enhances their motivation to change their use. Brief interventions are typically performed in 3-15 minutes, and should occur in the same session as the initial screening. Repeated sessions are more effective than a one-time intervention.

If a patient is ready to accept treatment, a referral is a proactive process that facilitates access to specialized care for individuals likely experiencing a substance use disorder. These patients are referred to alcohol and drug treatment experts for more definitive, in-depth assessment and, if warranted, treatment. However, treatment also includes prescribing medications for substance use disorder as part of the patient’s normal primary care.

More resources: [www.sbirtoregon.org](http://www.sbirtoregon.org)