

物質使用 症狀清單

(Substance Use Checklist – Cantonese – Traditional)

此清單將幫助您和醫務人員了解使用大麻或其他藥物可能對您的健康產生怎樣的影響。

喺舊時嘅12個月度.....

	係	唔係
1. 使用相同量的藥物效果是否比以前細？還是您必須使用更多才能感受到你想要嘅效果？ 如果任何一個問題對您來說是正確的，請回答“是”。		
2. 您在不使用該藥物時是否有戒斷症狀？抑或你是否使用呢種藥物嚟避免出現呢啲症狀？ 如果任何一個問題對您來說是正確的，請回答“是”。		
3. 你是否有過使用藥物的次數或時間超出預期？		
4. 你是否想減少或停止使用該藥物，但無法使用？		
5. 你是否花咗好多時間嘗試獲得藥物、使用藥物或由使用中恢復過來？		
6. 即使你認為它可能會導致精神或身體問題-或令它們變得更糟，你是否繼續使用該藥物？		
7. 使用這種藥物是否使您更難履行在工作、學校或家庭中的責任？		
8. 在使用類似藥物的駕駛汽車或作機器後，你是否不止一次地做過危險的事情？		
9. 你是否在認為它可能會給您的家人或其他人帶來問題的情況下使用這種藥物？		
10. 你是否對呢種藥物有強烈嘅欲望或渴望？		
11. 您是否因為使用藥物而減少了工作、享受愛好或與他人相處的時間？		
“是”響應嘅數量		

你在過去12個月中使用了哪些藥物？

- 阿片類藥物（包括海洛英） 大麻或大麻 冰毒或其他興奮劑 可卡因
 苯二氮卓類藥物或其他鎮靜劑 其他：_____

(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 substance 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 a substance use disorder	Brief education
2 - 3	Symptoms are consistent with mild substance use disorder	Brief intervention using motivational interviewing and harm reduction.
4 - 5	Symptoms are consistent with moderate substance use disorder	
6+	Symptoms are consistent with severe substance 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 a substance 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 substance use, which can include stop using; accepting counseling, medications, or participation in a support group; reducing their use; using more safely; not using multiple substances at once; using in safer environments; getting regular health care. The patient may choose not to change their use.

Below is a four-step model of performing a brief intervention. More info at www.sbirtoregon.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 substance 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 substance 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.”

*Matson TE, Hallgren KA, Lapham GT, et al. Psychometric Performance of a Substance Use Symptom Checklist to Help Clinicians Assess Substance Use Disorder in Primary Care. *JAMA Netw Open.* 2023;6(5):e2316283. doi:10.1001/jamanetworkopen.2023.1628