

物質使用 癥狀檢查表

此清單將說明您和您的提供者瞭解使用大麻或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. 使用相同量的藥物是否比以前效果差？還是您必須使用更多才能感受到您想要的效果？ 如果任一問題對您來說是正確的，請回答“是”。		
2. 當您不使用藥物時，您是否有戒斷癥狀？還是您使用這種藥物來避免出現這些癥狀？ 如果任一問題對您來說是正確的，請回答“是”。		
3. 您是否有過使用藥物的時間比您想要的更多或更長？		
4. 您是否想減少或停止使用這種藥物，但不能？		
5. 您是否花了很多時間嘗試獲得藥物，使用藥物或從使用中恢復過來？		
6. 您是否繼續使用這種藥物，即使您認為它可能會導致精神或身體問題 - 或使它們變得更糟？		
7. 使用這種藥物是否使您更難跟上工作，學校或家庭的責任？		
8. 在使用類似駕駛汽車或操作機械的藥物后，您是否不止一次做過危險的事情？		
9. 您是否使用過這種藥物，即使您認為它可能對您的家人或其他人造成問題？		
10. 您是否對藥物有強烈的慾望或渴望？		
11. 您是否因為使用這種藥物而減少了工作、享受愛好或與他人在一起的時間？		
	“是”答覆的數量	

您在過去 12 個月內使用了哪些藥物？

- 阿片類藥物（包括海洛因）
 大麻或大麻
 冰毒或其他興奮劑 海洛因
 苯二氮卓類或其他鎮靜劑 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	<ul style="list-style-type: none">• “Thanks for filling out this form – is it okay if we briefly talk about your substance 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	<ul style="list-style-type: none">• 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	<ul style="list-style-type: none">• 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	<ul style="list-style-type: none">• 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