The CRAFFT Screening Interview

Begin: “I’m going to ask you a few questions that I ask all my patients. Please be honest: I will keep your answers confidential.”

<table>
<thead>
<tr>
<th>Part A</th>
<th>Question</th>
<th>No</th>
<th>Yes</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>During the past 12 months did you:</td>
<td>□</td>
<td>□</td>
</tr>
<tr>
<td>2.</td>
<td>Smoked any marijuana or hashish?</td>
<td>□</td>
<td>□</td>
</tr>
<tr>
<td>3.</td>
<td>Used anything else to get high? (“anything else” includes illegal drugs,</td>
<td>□</td>
<td>□</td>
</tr>
<tr>
<td></td>
<td>over the counter and prescription drugs and things that you sniff or huff)</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

For clinic use only: Did the patient answer “yes” to any questions in Part A? Yes ☐ No ☐ Ask CAR question only, then stop.

Part B

<table>
<thead>
<tr>
<th>Question</th>
<th>No</th>
<th>Yes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Have you ever ridden in a CAR driven by someone (including yourself) who</td>
<td>□</td>
<td>□</td>
</tr>
<tr>
<td>was “high” or had been using alcohol or drugs?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Do you ever use alcohol or drugs to RELAX, feel better about yourself, or</td>
<td>□</td>
<td>□</td>
</tr>
<tr>
<td>fit in?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Do you ever use alcohol or drugs while you are by yourself, or ALONE?</td>
<td>□</td>
<td>□</td>
</tr>
<tr>
<td>Do you ever FORGET things you did while using alcohol or drugs?</td>
<td>□</td>
<td>□</td>
</tr>
<tr>
<td>Do you ever tell you that you should cut down on your drinking or drug use</td>
<td>□</td>
<td>□</td>
</tr>
<tr>
<td>Have you ever gotten into TROUBLE while you were using alcohol or drugs?</td>
<td>□</td>
<td>□</td>
</tr>
</tbody>
</table>

For three or more yes answers in the CRAFFT suggest a serious problem and need for further assessment.

Internet addiction – signs of possible addiction

- Spending hours online
- Becoming irritable when interrupted when using the internet
- Feeling guilty about time spent online
- Isolation due to excessive time spent online
- Euphoria when online and panic when offline

CAMH Short Gambling Quiz

In the past 12 months have you gambled more than you intended to? Yes ☐ No ☐
In the past 12 months have you claimed to be winning money when you were not? Yes ☐ No ☐
In the past 12 months have you felt guilty about the way you gamble or about what happens when you gamble? Yes ☐ No ☐
In the past 12 months have people criticized your gambling? Yes ☐ No ☐
In the past 12 months have you had money arguments centred on gambling? Yes ☐ No ☐
In the past 12 months did you feel you had to persist until you won? Yes ☐ No ☐

Q7 – Risk Assessment: If you answered yes to 2 or more of these questions, how often has it happened?

□ once □ only sometimes □ □ often

Scoring

If a person answers no to all questions, you can be very confident that he or she does not have a gambling problem. A score of 2 may indicate that he or she is developing a problem, but currently does not have a problem. If the person scores 3 or more you can be very confident that he or she does have a problem; over 97% of people who do not have a problem score less than 2 on these items. A score of 2 is a judgment call; the majority of people who do not have a problem score less than 2, but the majority of people who do have a problem score more than 2. This score may indicate a person that is in transition. Question 7 is used to adjust a person’s score. If a person scored 3 or above, but responded once only to question 7, then he or she may be at risk or in transition, but probably does not currently have a gambling problem.

Clinical indicators of Problematic Cannabis Use

Daily or almost daily use
Primary reason for using cannabis- to relieve anxiety
Repeated failed attempts to reduce or quit
Medical, social, legal or financial consequences of cannabis use
Concern expressed by family or friends.


Harms of Cannabis use

- 9% who try it become addicted
- Can cause health, social or legal problems
- Use is associated with failed expectations
- Association with development of psychosis, - odds ratio of 1.41 for ever used and 2.09 for frequent users
- Respiratory and cardiovascular harms including doubling the risk of lung cancer
- Problems with learning, attention, problem solving & decision making - for up to 3 weeks after abstinence
- Driving risks
- In pregnancy, associated with neuro-developmental and other possible effects on the fetus


Patient resources for substances and addictions

- www.ccamh.ca/en/hospital/health_information (alcohol, marijuana, tobacco, cocaine, gambling)
- www.nationalantidrugstrategy.gc.ca/prevention/youth-jeunes/ (drugs)
- betobaccofree.hhs.gov/dont-start/index.html (tobacco)
- www.quitnow.ca/tools-and-resources/e-cigarettes.php (e-cigarettes)
- www.vch.ca/media/TakeCareWithCannabis.pdf (marijuana)
- www.bc-sc.gc.ca/fn-an/produits-alcool-contre-habituel.php (caffeinated energy drinks)
- www.problemgambling.ca (gambling)

Gambling addiction – Diagnostic Criteria DSM 5

Four or more of the following in a 12-month period (& not because of a manic episode)

□ Gambling with increasing amounts to achieve the desired excitement
□ Restless or irritable when attempting to cut down or stop
□ Repeated unsuccessful efforts to control, cut back or stop
□ Preoccupation or persistent thoughts about gambling
□ Gambles when feeling distressed
□ After losing, returns to gamble another day
□ Lies to conceal the extent of gambling
□ Has jeopardized or lost because of gambling; relationship/job/ opportunity
□ Relies on others to provide money to relieve desperate financial situation caused by gambling

Total: Mild - 4 or 5 criteria, Moderate 6 to 7, Severe 8 to 9

Adapted from CAMH - https://www.problemgambling.ca

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Disclaimer: Given the evolving nature of evidence and changing recommendations, the Greig Health Record is meant to be used as a guide only. Preventive care is delivered both episodically and at dedicated visits. This tool may be used in part or as a whole.