

Strength of Recommendations
Bold = Good
Italics = Fair
 Plain Text = consensus or inconclusive evidence

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."	
Part A	During the past 12 months did you:	No	Yes
	1. Drink any alcohol (more than a few sips)?	<input type="checkbox"/>	<input type="checkbox"/>
	2. Smoked any marijuana or hashish ?	<input type="checkbox"/>	<input type="checkbox"/>
	3. Used anything else to get high? ("anything else" includes illegal drugs, over the counter and prescription drugs and things that you sniff or huff)	<input type="checkbox"/>	<input type="checkbox"/>
For clinic use only: Did the patient answer "yes" to any questions in Part A? No <input type="checkbox"/> Yes <input type="checkbox"/> → Ask CAR question only, then stop. → Ask all 6 CRAFFT questions			
Part B	Have you ever ridden in a CAR driven by someone (including yourself) who was "high" or had been using alcohol or drugs?	<input type="checkbox"/>	<input type="checkbox"/>
	Do you ever use alcohol or drugs to RELAX , feel better about yourself, or fit in?	<input type="checkbox"/>	<input type="checkbox"/>
	Do you ever use alcohol or drugs while you are by yourself, or ALONE ?	<input type="checkbox"/>	<input type="checkbox"/>
	Do you ever FORGET things you did while using alcohol or drugs?	<input type="checkbox"/>	<input type="checkbox"/>
	Do your FAMILY or FRIENDS ever tell you that you should cut down on your drinking or drug use?	<input type="checkbox"/>	<input type="checkbox"/>
	Have you ever gotten into TROUBLE while you were using alcohol or drugs?	<input type="checkbox"/>	<input type="checkbox"/>
Three or more yes answers in the CRAFFT suggest a serious problem and need for further assessment. © John R. Knight, Boston Children's Hospital, 2016 All rights reserved. Reproduced with permission. Use in individuals over 21 years not validated. For more information, contact cesar@childrens.harvard.edu			

Internet addiction – signs of possible addiction
Spending hours online
Becoming irritable when interrupted when using the internet
Feeling guilt about time spent on line
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. www.problemgambling.ca	

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.

Turner SD, Spithoff S, Kahan M. . Canadian Family Physician September 2014;60:801-8.

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

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Patient resources for substances and addictions
www.camh.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.heartandstroke.ca/-/media/pdf-files/canada/position-statement/e-cigarettes-in-canada-factsheet-eng (e-cigarettes)
www.vch.ca/media/TakeCarewithCannabis.pdf (marijuana)
www.hc-sc.gc.ca/fn-an/prodnatur/caf-drink-boissons-eng.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)
<input type="checkbox"/> Gambling with increasing amounts to achieve the desired excitement
<input type="checkbox"/> Restless or irritable when attempting to cut down or stop
<input type="checkbox"/> Repeated unsuccessful efforts to control, cut back or stop
<input type="checkbox"/> Preoccupation or persistent thoughts about gambling
<input type="checkbox"/> Gambles when feeling distressed
<input type="checkbox"/> After losing, returns to gamble another day
<input type="checkbox"/> Lies to conceal the extent of gambling
<input type="checkbox"/> Has jeopardized or lost because of gambling: relationship/job/ opportunity
<input type="checkbox"/> 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 to9

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.