

Waraysiga CRAFFT 2.1

Waxaa in afka la qaato qoraaya dhakhtarka

Biloowga: "Waxaan doonayaa inaan ku waydiiyo dhawr su'aalood oon waydiiyo dhammaan bukaankayga. Fadlan run sheeg. Cidna lama wadaagi doono jawaabahaaga."

Qaybta A

Intii lagu jiray 12 BILOOD EE LASOO DHAAFAY, meeqa maalmood ayaad:

1. Cabtay wax ka badan dhawr kabo oo khamri, calaq, ama cabitaan kale ah oo ay ku jirto **aalkolo**? Dheh "0" haddii aadan midna cabin.

Tirada maalmaha

2. Ayaad isticmaashay **marijuana** (cannabis, xashiis, saliid, koolo, ama haashka sigaarka, shiishad, koolo dhuuqid, ama geedaha daroogada) ama "**marijuana gacan ku samays ah**" (sida "K2," "Spice")? Dheh "0" haddii aadan midna isticmaalin.

Tirada maalmaha

3. Ayaad isticmaashay **wax kale si aad u marqaanto** (sida daroogooyinka kale ee sharci darada ah, daawada dhakhtarku qoro iyo waxyaabaha aad sanko ka jiido, dhuuqdo, shiishad ahaan u cabto, ama isku durto)? Dheh "0" haddii aadan midna isticmaalin.

Tirada maalmaha

Bukaanku ma uga jawaabay "0" dhammaan su'aalaha qaybta A?

Haa



Waydii kaliya su'aasha **GAARIGA**, kadibna jooji

Maya



Waydii dhammaan 6 su'aalood ee **CRAFFT** ee ku jira Qaybta B

Qaybta B

Goobin geli hal

C Waligaa ma raacday **GAARI** uu wado qof (adoo naftaada ku daraaya) "cabsan" ama isticmaalayay khamrada ama daroogooyinka?

Maya Haa

R Waligaa ma isticmaashay khamri ama daroogooyin si **AAD ISKU DAJISO**, u hagaajiso dareenkaaga, ama aad jawi jira ula qabsato?

Maya Haa

A Waligaa ma isticmaashay khamri ama daroogooyinka mar aad kaligaa tahay, ama **CIDNA KULA JOOGIN**?

Maya Haa

F Waligaa ma **ILOOWDAY** waxyaabo aad samaysay intaad isticmaalaysay khamri ama daroogo?

Maya Haa

F Waligaa **EHELKAAGA** ama **SAAXIIBADAA** ma kuu sheegeen inay haboon tahay inaad iska yarayso cabista khamriga ama isticmaalka daroogada?

Maya Haa

T Waligaa ma kala kulantay **DHIBAATO** intaad isticmaalaysay khamriga ama daroogada?

Maya Haa

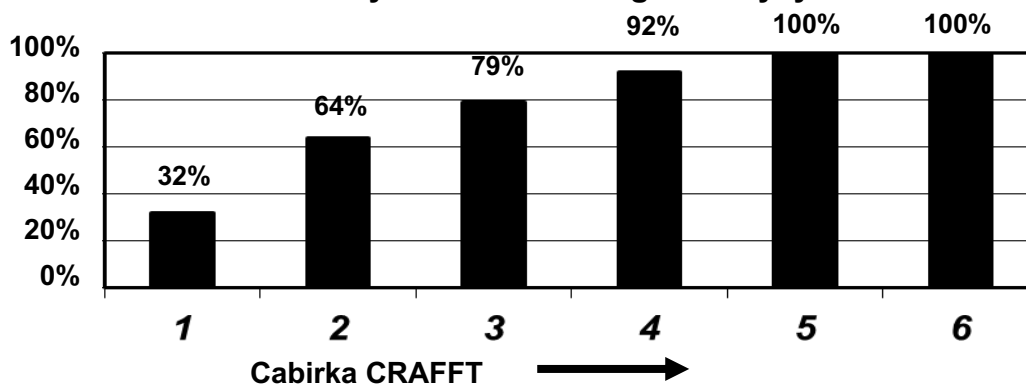
Labo jawaabood ama ka badan oo HAA ah ayaa muujinaaya dhibaato wayn una baahan qiimayn dheeraad ah. Arag bogga 2 si aad u hesho tilmaamo dheeraad ah. →

OGAYSIIIS KU SOCDA SHAQAALAHA CAAFIMAADKA IYO DIIWAANNADA CAAFIMAADKA:

Xogta ku qoran boggaan waxaa difaacaaya xeerarka sirta qofka ee federaalka oo gaar ah (42 CFR Qaybta 2), kaasoo mamnuucaaya shaacinta xogtaan ilaa in lagu fasaxo maahee ogolaansho qaas ah oo qoran.

Fasiraada Cabirka ee CRAFFT

Qiyaasta Xanuunka Maandooriyaha DSM-5 ee lagu saleeyay cabirka CRAFFT*



*Isha xogta: Mitchell SG, Kelly SM, Gryczynski J, Myers CP, O'Grady KE, Kirk AS, iyo Schwartz RP. (2014). The CRAFFT cut-points and DSM-5 criteria for alcohol and other drugs: a reevaluation and reexamination. Substance Abuse, 35(4), 376–80.

U adeegso dhibcaha hadalka ee 5 R si aad talo bixin kooban ugu samayso.



- 1. DIB U EEGISTA** natiijooyinka baaritaanka
Jawaab kasta oo "haa" ah. "Xog dheeraad ah ma iga siin kartaa arintaas"



- 2. KU TALI** inuusan isticmaalin
"Anoo ah dhakhtarkaaga (kaaliso/adeeg bixiyaha caafimaadka), taladaydu waa inaad isticmaalin wax ka samaysan khamri, nikootiin, marijuana ama daroogo kasta waayo waxay: 1) Dhibaataayn karaan kobaca maskaxdaada; 2) Waxay carqalad ku yihiin waxbarashada iyo xasuusta, iyo 3) Waxay ku gelinayaan xaalado ceeb ama khatar kugu ah."



- 3. GAARI WADISTA/RAACISTA** talo ku aadan khatarta
"Gaariyaasha isku dhaca ayaa ah sababta ugu wayn ee keenta dhimashada carruurta carruurta. Waxaan siiyaa dhammaan bukaanadayda Qandaraaska Nololsha. Fadlan guriga u qaado oo kala hadal waalidiinta/masuuliyiintaada inay abuuraan qorshe ay guriga nabad ugu tagaan"



- 4. KU JAWAAB** hadalo dhiiri gelin siinaaya bukaanka
Dadka aan isticmaalin daroogada: "Haddii qof ku waydiiyo sababta aadan khamri u cabin, shiishad u dhuuqin, ama u isticmaalin tubaako ama daroogo, maxaad ugu jawaabi lahayd?" Isticmaalayaasha: "Waa maxay qaar kamid ah faa'iidooyinka laga helin iska ilaalinta daroogooyinka?"



- 5. TIXRAAC KADHIGO** isku filnaanshaha
"Waxaan aaminsanahay inaad haysato waxa loo baahan yahay inaad iska ilaaliso in isticmaalka maandooriyaashu carqalad ku noqdo higsiyadaada."

Sii Bukaanka Heshiiska Nololsha. Waxaa laga heli karaa www.crafft.org/contract

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Waxaa dib loo sameeyay kadib markii fasax laga helay Center for Adolescent Behavioral Health Research (CABHRe), Boston Children's Hospital.

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Wixii xog dheeraad ah iyo noocyo ku qoran luuqado kale, arag www.crafft.org.