

Waraysiga CRAFFT 2.1+N

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, calaaq, 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 sanku ka jiido, dhuuqdo, shiishad ahaan u cabto, ama isku durto)? Dheh “0” haddii aadan midna isticmaalin.

Tirada maalmaha

4. Ayaad isticmaashay **aalada shiishada*** oo ay ku jiraan **nikootiin** ama **macmacaan**, ama adeegsatay **maadooyinka takoobada†**? Dheh “0” haddii aadan midna isticmaalin.

Tirada maalmaha

*Sida sigaarka korontada, mods, aaladaha shiishada sida JUUL, shiishada la tuuri karo sida Puff Bar, shiishad qalin, ama e-hookahs. †Sigaarka, cigars, cigarillos, hookahs, tubaakada la ruugo, snuff, snus, ama waxyaabaha la qaso.

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

Haa



Waydii kaliya su'aasha
GAARIGA, kadibna jooji

Maya “1” ama ka badan oo ku jira su'aasha 1, 2, ama 3



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

Maya “1” ama ka badan



Waydii dhammaan 10 su'aalood ee nikootiinta ee ku jira Qaybta C

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 3 si aad u hesho tilmaamo dheeraad ah. →

OGAYSIIS KU SOGDA SHAQAALAHA CAAFIMAADKA IYO DIWAANNADA 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.

Qaybta C

“Su'aalaha soo socda waxay wax kaa waydiinayaan adeegsigaaga wax **kamid ah aaladaha shiishada ee ay ku jirto maadada nikootiinta iyo/ama maandooriyaal, ama adeegsiga waxa kamid ah maadooyinka tubaakada.**”

Goobin geli hal

- | | | | |
|----|---|-----|------|
| 1. | Waligaa ma iskudayday inaad joojiso adeegsiga, laakiin ma awoodi wayday? | Haa | Maya |
| 2. | Ma cabtaa shiishada ama ma adeegsataa tubaako <u>hadda</u> sabab la xariirta inay dhib kugu tahay inaad joojiso? | Haa | Maya |
| 3. | Waligaa ma dareentay inaad qabatintay shiishada ama tubaakada? | Haa | Maya |
| 4. | Waligaa diihaal badan ma u qaaday dhuuqista shiishada ama isticmaalka tubaakada? | Haa | Maya |
| 5. | Waligaa ma dareentay inaad aad ugu baahan tahay shiishada ama tubaakada? | Haa | Maya |
| 6. | Ma kugu adag tahay inaad iskadayso shiishada ama isticmaasho tubaakada markaad joogto meelaha aan la ogolayn inaad ku isticmaasho, sida dugsiiga? | Haa | Maya |
| 7. | Marka aadan shiishad ama tubaako isticmaalin intii muddo ah (ama marka aad iskudaydo inaad joojiso isticmaalkeeda)... | | |
| a. | ma kugu adkaataa inaad dadaal samayso sabab la xariirta inaad cabin shiishad ama tubaako? | Haa | Maya |
| b. | ma dareentaa xanaaq badan sabab la xariirta inaad isticmaalin shiishad ama tubaako? | Haa | Maya |
| c. | ma dareentaa xaraad badan ama diihaal aad u qabto shiishada ama tubaakada? | Haa | Maya |
| d. | ma dareentaa cabsi, nasiino la'aan, ama walaac sabab la xariirta inaad isticmaalin shiishad ama tubaako? | Haa | Maya |

*Tixraacyada:

Wheeler, K. C., Fletcher, K. E., Wellman, R. J., iyo DiFranza, J. R. (2004). Ka baarista kurayda la qabsiga isticmaalka nikootiinta: Liiska Hubinta ee Istimaalayaasha Nikootiinta. *J Adolesc Health*, 35(3), 225–230;

McKelvey, K., Baiocchi, M., iyo Halpern-Felsher, B. (2018). Istimaalalka Kurayda iyo Dhalin yarada iyo Fikradaha ku xeeran Sigaarka Korontada Ku shaqeeya. *JAMA Network Open*, 1(6), e183535.

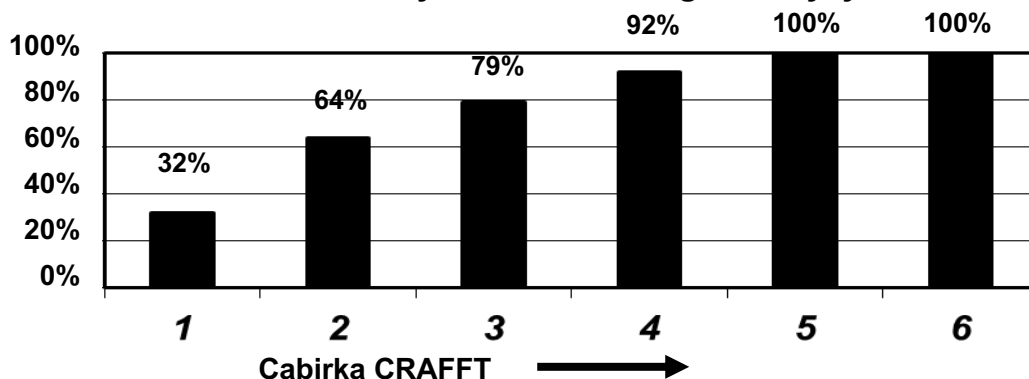
Hal ama in ka badan jawaabaha HAA ayaa muujinaya dhibaato weyn oo nikotiinka leh oo u baahan qiimeyn dheeri ah. Arag bogga 3 si aad u hesho tilmaamo dheeraad ah. →

OGAYSIS 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). Qodobada kooban ee CRAFFT iyo shuruudaha DSM-5 ee khamriga iyo daroogooyinka kale: dib u qiimayn iyo dib u baarid. Isticmaalka maandooriyaha, 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 Nololaha. 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 Nololaha. 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.