

Foomka su'aalo waydiinta CRAFFT 2.1+N

Waxaa buuxinaaya bukaanka

Fadlan uga jawaab dhammaan su'aalaha **si daacad ah**; jawaabaha aad bixiso **cidna loo sheegi maayo**.

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**? Geli "0" haddii aadan 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")? Geli "0" haddii aadan cabin.

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)? Geli "0" haddii aadan cabin.

Tirada maalmaha

4. Ayaad isticmaashay **aalada shiishada*** oo ay ku jiraan nikootiin ama macmacaan, ama adeegsatay wax kamid ah maadooyinka **tubaakada†**? Geli "0" haddii aadan cabin.

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.*

AKHRI TILMAAMAHAAN KAHOR INTAADAN SII WADIN:

- Haddii aad ku qorto "0" **DHAMMAAN** bokisyada kore, **KA JAWAAB SU'AASHA 5 EE HOOSE, KADIBNA JOOJI.**
- Haddii aad ku qorto "1" ama ka badan **Su'aalaha 1, 2, ama 3** kore, **JAWAABAHA 5-10 EE HOOSE.**
- Haddii aad ku qorto "1" ama ka badan **Su'aasha 4** ee kore, **KA JAWAAB DHAMMAAN SU'AALAHA BOGGA DANBE.**

Goobin geli hal

5. Waligaa ma raacday GAARI uu wado qof (ood adigu ku jirto) kaasoo "marqaansan" ama isticmaalaayay khamri ama daroogo?

Maya Haa

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

Maya Haa

7. Waligaa ma adeegsataa khamri ama daroogo markaad kaligaa tahay, ama CIDLO JOOGTO?

Maya Haa

8. Waligaa ma ILOOWDAA waxyaabo aad samaysay intaad isticmaalaysay khamriga ama daroogada?

Maya Haa

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

Maya Haa

10. Waligaa ma kala kulantay DHIBAATO intaad isticmaalaysay khamriga ama daroogada?

Maya Haa

OGAYSIIIS KU SOCDA SHAQAALAHAA 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.

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 jawaabtaada su'aal kasta.

Goobin geli hal

1.	Waligaa ma iskudayday inaad joojiso adeegsiga, laakiin ma awoodi wayday?	Haa	Maya
2.	Ma cabtaa shiishada ama ma adeegsataa tubaako hadda 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.

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Waxaa dib loo sameeyay kadib markii fasax laga helay Center for Adolescent Behavioral Health Research (CABHRe), Boston Children's Hospital. Wixii xog dheeraad ah iyo noocyo ku qoran luuqado kale, arag www.crafft.org