

CRAFFT+N: SBIRT Dugsiyada Hordhaca Qoraalka Baadhitaanka

Hordhaca baadhitaanka

Waxa aan doonayaa in aan dhawr su'aalood kaa waydiiyo baadhitaanka caafimaadka ee khamrida, mukhaadaraadka kale, nikootiinta, iyo tubaakada iyada oo aanu adeegsanayno waxa aanu waydiino dhamaan ardayda ku jirta fasalkaaga.

Ka jawaabida sirta

Ma jiri doona duwaan qoraal ah oo shaybaadhka ah oo lagu dari doono macluumaadka sheegaya haybtaada. Wax kasta oo aad sheegtaa waxay noqon doonaan sir ilaa inta macquulka ah. Hal sabab oo sirta macluumaadkan aan loo ilaalin doonin waxa uu noqon karaa hadii wax aad sheegtaa uu muujiyo inay jirto khatar muuqata oo amaankaaga ama amaanka cid kale ah. Sidoo kale, adiga, waalidkaa, ama koriyahaaga, ayaa dalban kara macluumaadka aanu kaala hadalnay maanta. Markan oo kale, waxa aanu ogaan doonaa talaabada xigta ee aynu gacan uga wada gaysan karno. Miyaad fahantay?

Dalbo ogolaanshe si aad u waydiiso su'aalo

Ma caadibaa in la waydiiyo su'aalahan?

Waraysiga CRAFFT 2.1+N

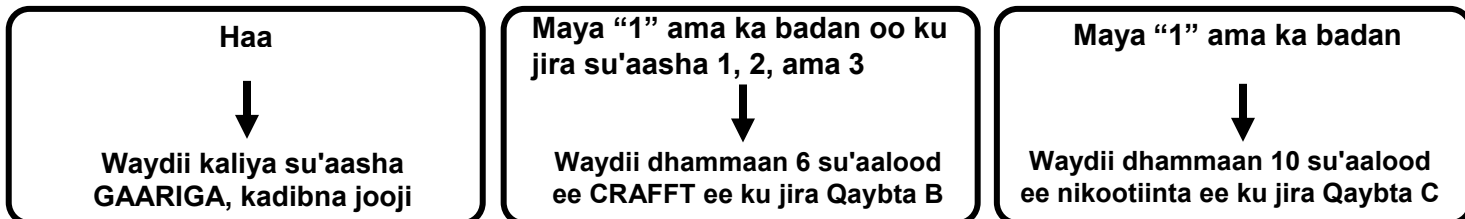
SBIRT ka Dugsiyada laga baxsho

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 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.

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



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 |



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 dugsigaga? | 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). Istimaalka Kurayda iyo Dhalin yarada iyo Fikradaha ku xeeran Sigaarka Korontada Ku shaqeeya. *JAMA Network Open*, 1(6), e183535.

Isha iyo macluumaadka xidhiidhka:

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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.masbirt.org/schools