

For Patient Use

ALCOHOL, SMOKING, AND SUBSTANCE INVOLVEMENT SCREENING TEST (ASSIST) RESPONSE CARD

Thank you for taking part in this brief interview about alcohol, tobacco products, and other drugs. These substances can be smoked, swallowed, snorted, inhaled, or injected within your lifetime and/or in the past three months. Please use this sheet as a guide throughout your interview.

SUBSTANCES

Tobacco products

cigarettes, chewing tobacco, cigars, etc.

Alcoholic beverages

beer, wine, spirits, etc.

Cannabis

marijuana, pot, grass, hash, etc.

Cocaine

coke, crack, etc.

Amphetamine type stimulants

speed, diet pills, ecstasy, etc.

Inhalants

nitrous, glue, petrol, paint thinner, etc.

Sedatives or sleeping pills

Valium, Serepax, Rohypnol, etc.

Hallucinogens

LSD, acid, mushrooms, PCP, Special K, etc.

Opioids

heroin, morphine, methadone, codeine, etc.

Other

specify with your provider

FREQUENCY RESPONSES

Questions 2-5

NEVER

not used in the last 3 months

ONCE OR TWICE

1-2 times in the last 3 months

MONTHLY

1-3 times a month in the last 3 months

WEEKLY

1-4 times per week

DAILY OR ALMOST DAILY

5-7 days per week

Questions 6-8

No, never

Yes, but not in the past 3 months

Yes, in the past 3 months

Please hand this card back to your provider following your interview.

For Provider Use

Providers: Following patient interview, please review the risks associated with the use of individual substances based on interview responses. Conversations should begin by measuring patient's readiness to change (e.g. Are you concerned about your substance use?)

REGULAR TOBACCO USE

Premature aging, wrinkling of the skin
Respiratory infections and asthma
High blood pressure, diabetes
Respiratory infections, allergies and asthma in children of smokers
Miscarriage, premature labor and low birth weight babies for pregnant women
Kidney disease
Chronic obstructive airways disease
Heart disease, stroke, vascular disease
Cancers

REGULAR EXCESSIVE ALCOHOL USE

Hangovers, aggressive and violent behavior, accidents and injury
Reduced sexual performance, premature aging
Digestive problems, ulcers, inflammation of the pancreas, high blood pressure
Anxiety and depression, relationship difficulties, financial and work problems
Difficulty remembering things and solving problems
Deformities and brain damage in babies of pregnant women
Stroke, permanent brain injury, muscle and nerve damage
Liver disease, pancreas disease
Cancers, suicide

REGULAR USE OF CANNABIS

Problems with attention and motivation
Anxiety, paranoia, panic, depression
Decreased memory and problem solving ability
High blood pressure
Asthma, bronchitis
Psychosis in those with a personal or family history of schizophrenia
Heart disease and chronic obstructive airways disease
Cancers

REGULAR USE OF COCAINE

Difficulty sleeping, heart racing, headaches, weight loss
Numbness, tingling, clammy skin, skin scratching or picking
Accidents and injury, financial problems
Irrational thoughts
Mood swings - anxiety, depression, mania
Aggression and paranoia
Intense craving, stress from the lifestyle
Psychosis after repeated use of high doses
Sudden death from heart problems

REGULAR USE OF AMPHETAMINE TYPE STIMULANTS

Difficulty sleeping, loss of appetite and weight loss, dehydration jaw clenching, headaches, muscle pain
Mood swings - anxiety, depression, agitation, mania, panic, paranoia
Tremors, irregular heartbeat, shortness of breath
Aggressive and violent behavior
Psychosis after repeated use of high doses
Permanent damage to brain cells
Liver damage, brain hemorrhage, sudden death (ecstasy) in rare situations

REGULAR USE OF INHALANTS

Dizziness and hallucinations, drowsiness, disorientation, blurred vision
Flu like symptoms, sinusitis, nosebleeds
Indigestion, stomach ulcers
Accidents and injury
Memory loss, confusion, depression, aggression
Coordination difficulties, slowed reactions, hypoxia
Delirium, seizures, coma, organ damage (heart, lungs, liver, kidneys)
Death from heart failure

REGULAR USE OF SEDATIVES

Drowsiness, dizziness and confusion
Difficulty concentrating and remembering things
Nausea, headaches, unsteady gait
Sleeping problems
Anxiety and depression
Tolerance and dependence after a short period of use.
Severe withdrawal symptoms
Overdose and death if used with alcohol, opioids or other depressant drugs.

REGULAR USE OF HALLUCINOGENS

Hallucinations (pleasant or unpleasant) – visual, auditory, tactile, olfactory
Difficulty sleeping
Nausea and vomiting
Increased heart rate and blood pressure
Mood swings
Anxiety, panic, paranoia
Flash-backs
Increase the effects of mental illnesses such as schizophrenia

REGULAR USE OF OPIOIDS

Itching, nausea and vomiting
Drowsiness
Constipation, tooth decay
Difficulty concentrating and remembering things
Reduced sexual desire and sexual performance
Relationship difficulties
Financial and work problems, violations of law
Tolerance and dependence, withdrawal symptoms
Overdose and death from respiratory failure