

**ASSIST  
Feedback REPORT CARD for Patients**

**Specific Substance Involvement Scores**

Substance	Score	Risk Level
a. Tobacco products		0-3 Low 4-26 Moderate 27+ High
b. Alcoholic Beverages		0-10 Low 11-26 Moderate 27+ High
c. Cannabis		0-3 Low 4-26 Moderate 27+ High
d. Cocaine		0-3 Low 4-26 Moderate 27+ High
e. Amphetamine type stimulants		0-3 Low 4-26 Moderate 27+ High
f. Inhalants		0-3 Low 4-26 Moderate 27+ High
g. Sedatives or Sleeping Pills		0-3 Low 4-26 Moderate 27+ High
h. Hallucinogens		0-3 Low 4-26 Moderate 27+ High
i. Opioids		0-3 Low 4-26 Moderate 27+ High
j. Other - specify		0-3 Low 4-26 Moderate 27+ High

<b>What do your scores mean?</b>	
<b>Low:</b>	You are at low risk of health and other problems from your current pattern of use.
<b>Moderate:</b>	You are at risk of health and other problems from your current pattern of substance use.
<b>High:</b>	You are at high risk of experiencing severe problems (health, social, financial, legal, relationship) as a result of your current pattern of use and are likely to be dependent

<b>a. tobacco</b>	Your risk of experiencing these harms is:.....	<b>Low</b> <input type="checkbox"/>	<b>Moderate</b> <input type="checkbox"/>	<b>High</b> <input type="checkbox"/>
	(tick one)			
	<b>Regular tobacco smoking is associated with:</b>			
	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 labour and low birth weight babies for pregnant women			
	Kidney disease			
	Chronic obstructive airways disease			
	Heart disease, stroke, vascular disease			
	Cancers			

<b>b. alcohol</b>	Your risk of experiencing these harms is:.....	<b>Low</b> <input type="checkbox"/>	<b>Moderate</b> <input type="checkbox"/>	<b>High</b> <input type="checkbox"/>
	(tick one)			
	<b>Regular excessive alcohol use is associated with:</b>			
	Hangovers, aggressive and violent behaviour, accidents and injury			
	Reduced sexual performance, premature ageing			
	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			

<b>c. cannabis</b>	Your risk of experiencing these harms is:.....	<b>Low</b> <input type="checkbox"/>	<b>Moderate</b> <input type="checkbox"/>	<b>High</b> <input type="checkbox"/>
	(tick one)			
	<b>Regular use of cannabis is associated with:</b>			
	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			

<b>d. cocaine</b>	Your risk of experiencing these harms is:.... <b>Low</b> <input type="checkbox"/> <b>Moderate</b> <input type="checkbox"/> <b>High</b> <input type="checkbox"/> (tick one)
	<b>Regular use of cocaine is associated with:</b>
	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

<b>e. amphetamine type stimulants</b>	Your risk of experiencing these harms is:..... <b>Low</b> <input type="checkbox"/> <b>Moderate</b> <input type="checkbox"/> <b>High</b> <input type="checkbox"/> (tick one)
	<b>Regular use of amphetamine type stimulants is associated with:</b>
	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 behaviour
	Psychosis after repeated use of high doses
	Permanent damage to brain cells
	Liver damage, brain haemorrhage, sudden death (from ecstasy) in rare situations

<b>f. inhalants</b>	Your risk of experiencing these harms is:..... <b>Low</b> <input type="checkbox"/> <b>Moderate</b> <input type="checkbox"/> <b>High</b> <input type="checkbox"/> (tick one)
	<b>Regular use of inhalants is associated with:</b>
	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

<b>g. sedatives</b>	Your risk of experiencing these harms is: <b>Low</b> <input type="checkbox"/> <b>Moderate</b> <input type="checkbox"/> <b>High</b> <input type="checkbox"/> (tick one)
	<b>Regular use of sedatives is associated with:</b>
	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.

<b>h. hallucinogens</b>	Your risk of experiencing these harms is:..... <b>Low</b> <input type="checkbox"/> <b>Moderate</b> <input type="checkbox"/> <b>High</b> <input type="checkbox"/> (tick one)
	<b>Regular use of hallucinogens is associated with:</b>
	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

<b>i. opioids</b>	Your risk of experiencing these harms is: <b>Low</b> <input type="checkbox"/> <b>Moderate</b> <input type="checkbox"/> <b>High</b> <input type="checkbox"/> (tick one)
	<b>Regular use of opioids is associated with:</b>
	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