

# The CRAFFT+N Questionnaire

To be completed by patient

Please answer all questions **honestly**; your answers will be kept **confidential**.

**During the PAST 12 MONTHS, on how many days did you:**

- |  |                                   |
|--|-----------------------------------|
| 1. Drink more than a few sips of beer, wine, or any drink containing <b>alcohol</b> ? Put "0" if none.   | <input type="text"/><br># of days |
| 2. Use any <b>marijuana</b> (weed, oil, or hash by smoking, vaping, or in food) or " <b>synthetic marijuana</b> " (like "K2," "Spice")? Put "0" if none.                     | <input type="text"/><br># of days |
| 3. Use <b>anything else to get high</b> (like other illegal drugs, prescription or over-the-counter medications, and things that you sniff, huff, or vape)? Put "0" if none. | <input type="text"/><br># of days |
| 4. Use <b>any tobacco or nicotine</b> products (for example, cigarettes, e-cigarettes, hookahs or smokeless tobacco)?  | <input type="text"/><br># of days |

## READ THESE INSTRUCTIONS BEFORE CONTINUING:

- If you put "0" in ALL of the boxes above, ANSWER QUESTION 5, THEN STOP.
- If you put "1" or higher in ANY of the boxes above, ANSWER QUESTIONS 5-10.

- |   | No                       | Yes                      |
|---|--------------------------|--------------------------|
| 5. Have you ever ridden in a <b>CAR</b> driven by someone (including yourself) who was "high" or had been using alcohol or drugs? | <input type="checkbox"/> | <input type="checkbox"/> |
| 6. Do you ever use alcohol or drugs to <b>RELAX</b> , feel better about yourself, or fit in?                                      | <input type="checkbox"/> | <input type="checkbox"/> |
| 7. Do you ever use alcohol or drugs while you are by yourself, or <b>ALONE</b> ?  | <input type="checkbox"/> | <input type="checkbox"/> |
| 8. Do you ever <b>FORGET</b> things you did while using alcohol or drugs?   | <input type="checkbox"/> | <input type="checkbox"/> |
| 9. Do your <b>FAMILY</b> or <b>FRIENDS</b> ever tell you that you should cut down on your drinking or drug use?                   | <input type="checkbox"/> | <input type="checkbox"/> |
| 10. Have you ever gotten into <b>TROUBLE</b> while you were using alcohol or drugs?   | <input type="checkbox"/> | <input type="checkbox"/> |

### NOTICE TO CLINIC STAFF AND MEDICAL RECORDS:

The information on this page is protected by special federal confidentiality rules (42 CFR Part 2), which prohibit disclosure of this information unless authorized by specific written consent. A general authorization for release of medical information is NOT sufficient.

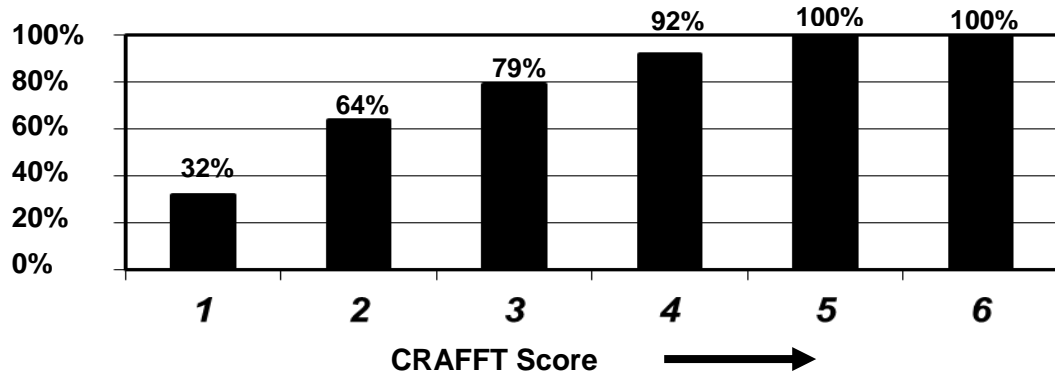
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**1. Show your patient his/her score on this graph and discuss level of risk for a substance use disorder.**

**Percent with a DSM-5 Substance Use Disorder by CRAFFT score\***



\*Data source: Mitchell SG, Kelly SM, Gryczynski J, Myers CP, O'Grady KE, Kirk AS, & Schwartz RP. (2014). The CRAFFT cut-points and DSM-5 criteria for alcohol and other drugs: a reevaluation and reexamination. *Substance Abuse*, 35(4), 376–80.

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**2. Use these talking points for brief counseling.**



- 1. REVIEW** screening results  
For each “yes” response: *“Can you tell me more about that?”*



- 2. RECOMMEND** not to use  
*“As your doctor (nurse/health care provider), my recommendation is not to use any alcohol, marijuana or other drug because they can: 1) Harm your developing brain; 2) Interfere with learning and memory, and 3) Put you in embarrassing or dangerous situations.”*



- 3. RIDING/DRIVING** risk counseling  
*“Motor vehicle crashes are the leading cause of death for young people. I give all my patients the Contract for Life. Please take it home and discuss it with your parents/guardians to create a plan for safe rides home.”*



- 4. RESPONSE** elicit self-motivational statements  
Non-users: *“If someone asked you why you don’t drink or use drugs, what would you say?”* Users: *“What would be some of the benefits of not using?”*



- 5. REINFORCE** self-efficacy  
*“I believe you have what it takes to keep alcohol and drugs from getting in the way of achieving your goals.”*

**3. Give patient Contract for Life.** Available at [www.crafft.org/contract](http://www.crafft.org/contract)

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