

Adolescent Health Questionnaire

We ask all our adolescent patients to complete this form at least once a year, because substance use and mood can affect your health. Please ask your doctor if you have any questions.

Patient name: _____
Date of birth: _____

Your answers on this form will remain confidential.

Substance use (CRAFFT):

In the last 12 months, did you:

	No		Yes
Drink any alcohol (more than a few sips)?	<input type="checkbox"/>	} If you answered No to all three questions, answer #1 below.	<input type="checkbox"/>
Smoke any marijuana or hashish?	<input type="checkbox"/>		} If you answered Yes to any questions, answer questions #1-6 below.
Use anything else to get high?	<input type="checkbox"/>		

	No	Yes
1. Have you ever ridden in a car driven by someone (including yourself) who was "high" or had been using alcohol or drugs?	<input type="checkbox"/>	<input type="checkbox"/>
2. Do you ever use alcohol or drugs to relax, feel better about yourself, or fit in?	<input type="checkbox"/>	<input type="checkbox"/>
3. Do you ever use alcohol or drugs while you are by yourself, or alone?	<input type="checkbox"/>	<input type="checkbox"/>
4. Do you ever forget things you did while using alcohol or drugs?	<input type="checkbox"/>	<input type="checkbox"/>
5. Do your family or friends ever tell you that you should cut down on your drinking or drug use?	<input type="checkbox"/>	<input type="checkbox"/>
6. Have you ever gotten into trouble while you were using alcohol or drugs?	<input type="checkbox"/>	<input type="checkbox"/>

Mood (PHQ-2):

	No	Yes
Over the past month, have you been bothered by little interest or pleasure in doing things?	<input type="checkbox"/>	<input type="checkbox"/>
Over the past month, have you been bothered by feeling down, depressed, or hopeless?	<input type="checkbox"/>	<input type="checkbox"/>

If you answered Yes to either question, answer all questions on back

Mood (PHQ-A):

How often have you been bothered by each of the following symptoms during the past TWO WEEKS ?	Not at all	Several days	More than half the days	Nearly every day
1. Feeling down, depressed, irritable, or hopeless?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. Little interest or pleasure in doing things?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. Trouble falling asleep, staying asleep, or sleeping too much?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. Poor appetite, weight loss, or overeating?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. Feeling tired, or having little energy?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. Feeling bad about yourself – or feeling that you are a failure, or that you have let yourself or your family down?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. Trouble concentrating on things like school work, reading, or watching TV?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. Moving or speaking so slowly that other people could have noticed? Or the opposite – being so fidgety or restless that you were moving around a lot more than usual?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9. Thoughts that you would be better off dead, or of hurting yourself in some way?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	0	1	2	3

<p>In the PAST YEAR, have you felt depressed or sad most days, even if you felt okay sometimes?</p> <p><input type="checkbox"/> Yes <input type="checkbox"/> No</p>
<p>If you are experiencing any of the problems on this form, how difficult have these problems made it for you to do your work, take care of things at home or get along with other people?</p> <p><input type="checkbox"/> Not difficult at all <input type="checkbox"/> Somewhat difficult <input type="checkbox"/> Very difficult <input type="checkbox"/> Extremely difficult</p>
<p>Has there been a time in the past month when you have had serious thoughts about ending your life?</p> <p><input type="checkbox"/> Yes <input type="checkbox"/> No</p>
<p>Have you EVER, in your WHOLE LIFE, tried to kill yourself or made a suicide attempt?</p> <p><input type="checkbox"/> Yes <input type="checkbox"/> No</p>

(For the clinician or behavioralist)

Interpreting the CRAFFT (substance use)

Each “Yes” response on questions 1-6 receives a point. Points are added for a total score:

Score*	Risk	Recommended action
“No” to 3 opening questions	No risk	Positive reinforcement
“Yes” to car question	Riding risk	Discuss plan to avoid riding with teen drivers who have used alcohol or drugs
CRAFFT score = 0	Low risk	Brief advice
CRAFFT score = 1	Medium risk	Brief intervention
CRAFFT score \geq 2	High risk	Consider referral for further assessment (delivered through brief intervention)

Interpreting the PHQ-2 (mood)

A “Yes” response from adolescents on either question should result in administering a PHQ-A for a depression assessment.

Interpreting the PHQ-A (mood)

Questions #1-9 each receive 0-3 points, based on the corresponding column. Points are added for a total score:*

Score	Depression severity	Recommended action with adolescent patient
0 – 4	None	None
5 – 9	Mild	Normalize & empathize. Discuss activities, sleep patterns, and family. Consider counseling.
10 - 14	Moderate	Consider co-managing with MH professional. Psychotherapy. Consider medication.
15 - 20	Moderately severe	Conduct safety assessment. Consider crisis services. Consider medication. Refer to mental health provider.
20 - 27	Severe	
“Yes” answer on any suicide question		Immediate follow up

* Committee on Substance Abuse (2011). Substance Use Screening, Brief Intervention, and Referral to Treatment for Pediatricians. *Pediatrics* 2011;128:e1330.

**Kroenke K, Spitzer R, Williams W. The PHQ-9: Validity of a brief depression severity measure. *JGIM* 2001, 16:606-616.