

WHO ASSIST V3.0 Feedback Report Card for Clients

Substance	Score	Risk Level		
Tobacco		0-3 Low	4-26 Moderate	27+ High
Alcohol		0-10 Low	11-26 Moderate	27+ High
Cannabis		0-3 Low	4-26 Moderate	27+ High
Cocaine		0-3 Low	4-26 Moderate	27+ High
Amphetamine type stimulants		0-3 Low	4-26 Moderate	27+ High
Inhalants		0-3 Low	4-26 Moderate	27+ High
Sedatives or sleeping pills		0-3 Low	4-26 Moderate	27+ High
Hallucinogens		0-3 Low	4-26 Moderate	27+ High
Opioids		0-3 Low	4-26 Moderate	27+ High
Other		0-3 Low	4-26 Moderate	27+ High

What do your scores mean?

Low: You are at low risk of health and other problems from your current pattern of use.

Moderate: You are at risk of health and other problems from your current pattern of substance use, both now and also in the future if you continue the same pattern of use.

High: You are at high risk of experiencing severe problems (health, social, financial, legal, relationship) as a result of your current pattern of use and could be dependent.

Are you concerned about your substance use?

CONTINUED OVERLEAF

Tobacco	Alcohol	Cannabis	Cocaine	Amphetamine type stimulants	Inhalants	Sedatives or sleeping pills	Hallucinogens	Opioids
Your risk of experiencing these harms is: (tick one) Low Moderate High Regular tobacco smoking is associated with:	Your risk of experiencing these harms is: (tick one) Low Moderate High Regular excessive alcohol use is associated with:	Your risk of experiencing these harms is: (tick one) Low Moderate High Regular use of cannabis is associated with:	Your risk of experiencing these harms is: (tick one) Low Moderate High Regular use of cocaine is associated with:	Your risk of experiencing these harms is: (tick one) Low Moderate High Regular use of stimulants is associated with:	Your risk of experiencing these harms is: (tick one) Low Moderate High Regular use of inhalants is associated with:	Your risk of experiencing these harms is: (tick one) Low Moderate High Regular use of sedatives is associated with:	Your risk of experiencing these harms is: (tick one) Low Moderate High Regular use of hallucinogens is associated with:	Your risk of experiencing these harms is: (tick one) Low Moderate High Regular use of opioids is associated with:
Premature ageing, wrinkling of the skin	Hangovers, aggressive and violent behaviour, accidents and injury	Problems with attention and motivation	Difficulty sleeping, heart racing, headaches, weight loss	Difficulty sleeping, loss of appetite and weight loss, dehydration	Dizziness and hallucinations, drowsiness, disorientation, blurred vision	Drowsiness, dizziness and confusion	Hallucinations (pleasant or unpleasant) – visual, auditory, tactile, olfactory	Itching, nausea and vomiting
Respiratory infections and asthma	Reduced sexual performance, premature ageing	Anxiety, paranoia, panic, depression	Numbness, tingling, clammy skin, skin scratching or picking	jaw clenching, headaches, muscle pain	Flu like symptoms, sinusitis, nosebleeds	Difficulty concentrating and remembering things	Difficulty sleeping	Drowsiness, constipation, tooth decay
High blood pressure, diabetes	Digestive problems, ulcers, inflammation of the pancreas, high blood pressure	Decreased memory and problem solving ability	Accidents and injury, financial problems	Mood swings – anxiety, depression, agitation, mania, panic, paranoia	Indigestion, stomach ulcers	Nausea, headaches, unsteady gait	Nausea and vomiting	Difficulty concentrating and remembering things
Respiratory infections, allergies and asthma in children of smokers	Anxiety and depression, relationship problems, financial and work problems	High blood pressure	Irrational thoughts	Tremors, irregular heartbeat, shortness of breath	Accidents and injury	Sleeping problems	Increased heart rate and blood pressure	Emotional problems and social problems
Miscarriage, premature labour and low birth weight babies for pregnant women	Difficulty remembering things and solving problems	Asthma, bronchitis	Mood swings - anxiety, depression, mania	Aggressive and violent behaviour	Memory loss, confusion, depression, aggression	Anxiety and depression	Mood swings	Reduced sexual desire and sexual performance
Kidney disease	Deformities and brain damage in babies of pregnant women	Psychosis in those with a personal or family history of schizophrenia	Aggression and paranoia	Psychosis after repeated use of high doses	Coordination difficulties, slowed reactions, hypoxia	Tolerance and dependence after a short period of use.	Anxiety, panic, paranoia	Relationship difficulties
Chronic obstructive airways disease	Stroke, permanent brain injury, muscle and nerve damage	Heart disease and chronic obstructive airways disease	Intense craving, stress from the lifestyle	Permanent damage to brain cells	Delirium, seizures, coma, organ damage (heart, lungs, liver, kidneys)	Severe withdrawal symptoms	Flash-backs	Financial and work problems, violations of law
Heart disease, stroke, vascular disease	Liver disease, pancreas disease	Cancers	Psychosis after repeated use of high doses	Liver damage, brain haemorrhage, sudden death	Death from heart failure	Overdose and death if used with alcohol, opioids or other depressant drugs.	Increase the effects of mental illnesses such as schizophrenia	Tolerance and dependence, withdrawal symptoms
Cancers	Cancers, suicide		Sudden death from heart problems					Overdose and death from respiratory failure