

**GAIN-初步審查 (GAIN-SS)\***

版本 [GVER]: GSS 2.0.1

1. 你的姓名是: a. \_\_\_\_\_ b. \_\_\_\_\_ c. \_\_\_\_\_  
(名字) (中間名首字母) (姓氏)

2. 今天的日期是 (月/日/年): \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_

以下的問卷是關於一些普通的心理、行為或個人問題。當這些問題出現在你身上已有兩個或多個星期、不斷地重複出現、阻止你履行責任、或是令你覺得無法繼續正常生活，那麼，這些便算是嚴重的問題。請告訴我們上一次你這些問題是在什麼時候出現。請在以下每一句敘述之後選擇合適的數字劃圈作答：上一個月(3)、二至十二個月前(2)、一年或多年前(1)、或從來沒有(0)。

上一個月	二至十二個月前	一年或多年前	從來沒有
3	2	1	0

**IDScr 1. 上一次是什麼時候，你出現以下的嚴重問題 ...**

- |   |   |   |   |   |
|---|---|---|---|---|
| a) 感到非常受困、孤獨、憂愁、沮喪、情緒低落、或對將來絕望？.....          | 3 | 2 | 1 | 0 |
| b) 難於入睡，如做惡夢、睡不安穩或在日間打瞌睡？.....                | 3 | 2 | 1 | 0 |
| c) 感到非常焦慮、焦急、神經緊張、害怕、恐懼、驚慌、或是有什麼壞事情像要發生似的？... | 3 | 2 | 1 | 0 |
| d) 當有些事物使你想起過去，令你變得非常難過和不安？.....              | 3 | 2 | 1 | 0 |
| e) 考慮結束你的生命或自殺？.....                          | 3 | 2 | 1 | 0 |

**EDScr 2. 上一次是什麼時候，你做了以下的事情兩次或以上？**

- |   |   |   |   |   |
|---|---|---|---|---|
| a) 用說謊或欺騙的方法，去獲取自己想要的東西或藉此逃避一些要做的事情？..... | 3 | 2 | 1 | 0 |
| b) 在學校、辦公室或家中難以集中精神？.....                 | 3 | 2 | 1 | 0 |
| c) 在學校、辦公室或家中難以留心聽取指示？.....               | 3 | 2 | 1 | 0 |
| d) 欺凌或恐嚇別人？.....                          | 3 | 2 | 1 | 0 |
| e) 主動挑起和別人爭鬥？.....                        | 3 | 2 | 1 | 0 |
| f) 嘗試返回去贏回(賭博)失去的財物？.....                 | 3 | 2 | 1 | 0 |

**SDScr 3. 上一次是什麼時候 ...**

- |  |   |   |   |   |
|--|---|---|---|---|
| a) 你每周都飲酒或服用藥物？.....   | 3 | 2 | 1 | 0 |
| b) 你花許多時間取得酒精或藥物、飲酒或服用藥物，或是感覺酒精或藥物的效果(快感、嘔心)？                          | 3 | 2 | 1 | 0 |
| c) 即使引起社會問題、導致打架、或招致你和別人有麻煩，你仍不斷飲酒或服用藥物？.....                          | 3 | 2 | 1 | 0 |
| d) 由於你飲酒或服用藥物，致使你放棄、減少出席工作、學校、家庭的重要活動或社交，或在出席這些場合時有困難？.....            | 3 | 2 | 1 | 0 |
| e) 你在戒除酒癮或藥癮期間出現問題，如手部顫動、嘔吐、坐臥不安，又或者你要服用酒精或藥物去停止身體不適或避免因戒癮而出現的問題？..... | 3 | 2 | 1 | 0 |

**CVScr 4. 上一次是什麼時候，你 ...**

- |                             |   |   |   |   |
|-----------------------------|---|---|---|---|
| a) 在有爭執時，你推碰、捉抓或推撞他人？.....  | 3 | 2 | 1 | 0 |
| b) 從店舖拿走東西而沒有付錢？.....       | 3 | 2 | 1 | 0 |
| c) 售賣、分發或協助製造非法藥物？.....     | 3 | 2 | 1 | 0 |
| d) 在受到酒精或非法藥物的影響下駕駛車輛？..... | 3 | 2 | 1 | 0 |
| e) 故意損壞或毀壞不屬於你的財物？.....     | 3 | 2 | 1 | 0 |

**5. 你有沒有其他嚴重的心理、行為或個人問題想要獲得治療或協助？**

(若有的話，請在下面描述。) ..... 1-有 0-沒有

v1. \_\_\_\_\_

v2. \_\_\_\_\_

v3. \_\_\_\_\_

## Tips for Administering the GAIN-SS Tool

Validity of clients' answers is improved if clients understand the interview process and know how their information will be used. Therefore, it is important to cover this material when introducing the GAIN-SS to the client.

### Introduction

- This instrument is designed to find out how you are doing in terms of your mental health and behaviour. It takes about 5 minutes to answer.
- The information is private. It will be used only for your treatment and to help us evaluate our own services.
- If you are not sure about an answer, please give us your best guess.
- If you simply do not know the answer to a question, you can tell me and I'll enter "DK" (Don't Know) for that item.
- You may refuse to answer any question, and I'll enter "RF" (Refused) for the answer.
- Please ask if you do not understand a question or a word. At the end of the interview I will check to make sure that everything is complete, and I'll answer any additional questions.
- Do you have any questions before we begin?

### Developing Personalized Anchors

Sometimes the client will be confused about the time period covered by the questions. One approach is to establish personalized anchors to assist client memory. E.g.

Several questions will ask you about things that may have happened during the past month, 2 to 12 months ago, or more than 12 months ago. To help you remember these time periods, please look at this calendar. (GIVE CALENDAR TO CLIENT).

Do you recall anything that was going on about (DATE 30 DAYS AGO)? (PROBE FOR SPECIFIC EVENT)

- If the last time that something happened was since (NAME OF EVENT THAT WAS 30 DAYS AGO), please answer, "Past month."

### Instructions for Administration of GAIN-SS

- Start at the top of the first page and enter the client's first name, middle initial, and last name in the designated fields (this information will probably already be in the PARIS system).
- Enter today's date in the "Date Started" field in the PARIS GAIN-SS document. Be sure to use only numbers and the dd/mm/yyyy format (as per PARIS standard).
- Read the client education introductory paragraph (as above).
- Read the first item, document the response, and continue in order.
- Read each item carefully to avoid any misunderstanding. Be sure to follow the dotted line to the correct response choices.
- Choose only 1 response and ensure that the responses are marked clearly. (On the computer version, make sure that you choose the correct response).
- If corrections are required on the paper form, cross out the original response and write the new response neatly.
- Ask the client to answer as accurately as they can. If the client has trouble remembering the last time something happened, ask them to give their best estimate.
- Note: a definite response is required. Therefore, the client cannot answer a question with "Sometimes" or "Sort of" or "Maybe." If this happens, ask the client to choose the response that comes closest to how he or she feels.
- If the client really cannot choose between the responses, doesn't know the answer, or simply does not want to answer – leave the response blank. The items are not considered in the computer scoring.
- Remember to read the stem at the beginning of each section. (e.g., "When was the last time...."). You should also repeat it before an item if you get interrupted and have to repeat or restart a question.
- For item 5 (Do you have other significant psychological, behavioural, or personal problems that you want treatment for or help with?), you can write "none" if applicable. The numbers v1, v2, and v3 are used for data entry purposes – if you have a long response, it's okay to use all 3 lines for 1 answer. Note: this question is from the client's perspective.
- Tell the client to feel free to ask if they do not understand a question or word.
- Please check the form before the client leaves to make sure that everything is complete.