RAFFT: Relax, Alone, Friends, Family, Trouble [1]

Developed by Brown University Project ADEPT

Description

- **Length/Time:** 5 yes/no items, about 1 minute to administer and score
- **Developed by:** Brown University Project ADEPT, 1987
- **Target Population:** Adults and adolescents
- **Intended Settings:** Primary care, emergency care, inpatient and psychiatric clinics
- **Assesses:** Problematic drug and alcohol use
- **Administered by:** Patient Interview, Self-Report

Evidence

- Sensitive and specific for detecting substance abuse in adolescents (Bastiaens, et al, 2000)
- Less sensitive, but still useful, for adult substance abuse screening (Bastiaens, et al, 2002)

Indications

- Designed for detecting problematic drug and alcohol use in adolescents
- Shown useful as an adult assessment tool (Bastiaens, et al, 2002)

Advantages

- Very brief, relevant usefulness in a variety of health care settings
- Not influenced by factors such as gender, race, socioeconomic status, or the coexistence of psychiatric disorders (Bastiaens, et al, 2002)
- Important adolescent substance abuse-related issues such as self-esteem, peer pressure, stress, family influence, and consequences are included in the RAFFT questionnaire (Bastiaens, et al, 2000).

Limitations

- Performed less well in testing (due to less specificity) than the popular CAGE assessment tool (Bastiaens, et al, 2002)
- Not studied for nicotine addiction
- Not studied in chronic pain patients and unclear utility in pain populations (Passik et al, 2008).
References


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Links:
[1] https://www.opioidrisk.com/node/938