



Assessed by: .....

Date of assessment: 

|   |   |   |   |   |   |
|---|---|---|---|---|---|
|   |   |   |   |   |   |
| d | d | m | m | y | y |

Person no: 

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|--|--|--|--|--|

Age: 

|  |  |
|--|--|
|  |  |
|--|--|

Gender:

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- 5. Physical complaints 3
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- Q1. Craving 7
- Q2. Depression, anxiety, and stress 8



| Symbol or typography | Instruction / explanation |
|----------------------|---------------------------|
|----------------------|---------------------------|

The MATE is an assessment instrument. The assessor evaluates the information obtained from it and is free to choose the most appropriate way to obtain the required information. If the information needed for an item is known with certainty, the answer can be filled in without asking any questions. Most questions do not have to be asked word for word. Exceptions are the modules marked 'L'(literally) or 'Q'(self-report questionnaire).

|        |  |   |
|--------|--|---|
| L<br>Q | (literally)                              | Questions must be asked word for word. Explanations should be given only when absolutely necessary or when a question has not been clearly understood.  |
|        | (self-report questionnaire)              | The person fills in the questionnaire independently. If the person is unable to do this, the assessor should help by reading out the questions.   |
| T      | (time frame)                             | The time frame for the assessment.  |
|        | <i>«Probe question»</i>                  | Probe questions that might be used to find out information about the person are placed in italics and start with double angled brackets.  |
|        | † Assessment/characteristics/explanation | Text that is preceded by a cross and is in a different font is meant to be either:<br>† an assessment instruction,<br>† a statement of characteristics to which the assessor should pay attention, or<br>† an explanation to the assessor.<br>Such text should not be used literally. |
|        | <u>underscored text</u>                  | Denotes a <u>core concept</u> or <u>concepts</u> of the item. These can be used when it is necessary to obtain further information.   |
|        | [—substance—]                            | Fill in the Primary-problem substance or behaviour  |
|        | Yes      No                              | Circle Yes or No.   |
|        | .....                                    | Write down the number.  |
|        | .....                                    | Write down an explanation (free format).  |

1. Substance use

30 days

|   |   | Past 30 days                            |  |  |
|---|---|---|--|--|
|   |   | Number of days used in the past 30 days | Amount used on a <b>typical</b> day of use   |  |
|   |   |   | † Fill in the number of days of use. (Every day is 30; 1 day each week is 4, etc. If there have been no days of use, fill in '0'.) | † Fill in the number of glasses, cigarettes, or euros on a typical day of use. |
| <p>«I will start with alcohol. Did you drink alcohol in the past 30 days? If so, on how many days did you drink, and how much did you drink on a day? † Continue with the other substances.</p> |   |   |  |  |
| Alcohol   | General use   | .....                                   | .....  | standard drinks (ca. 10 grams of alcohol)                                      |
|   | † Higher use: fill in only if there was <u>alternating</u> use in the past 30 days, for instance, much higher use at the weekend than typical use during the week. Higher use | .....                                   | .....  |  |
| Nicotine  | Cigarettes, cigars, pipes, snuff  | .....                                   | .....  | cigarettes, cigars, pipes, chews or pinches                                    |
| Cannabis  | Marijuana, hashish, bhang, ganja  | .....                                   |  |  |
| Opioids   | Methadone   | .....                                   |  |  |
|   | Heroin  | .....                                   |  |  |
|   | Other opioids such as codeine, Darvon, Demerol, Dilaudid, morphine, opium, Percodan   | .....                                   |  |  |
| Cocaine   | Crack cocaine   | .....                                   |  |  |
|   | Cocaine powder  | .....                                   |  |  |
| Stimulants  | Amphetamines, khat, Ponderal, Ritalin, speed, betel nut   | .....                                   |  |  |
| Ecstasy/ XTC  | MDMA, MDEA, MDA 2-CB, etc.  | .....                                   |  |  |
| Other   | For instance: psychedelics, inhalants, poppers, GHB, mushrooms. Name them here:<br> .....  | .....                                   |  |  |
| Sedatives   | Tranquilizers, sleeping pills, barbiturates, benzodiazepines, Seconal, Valium, Librium, Xanax, Quaaludes  | .....                                   |  |  |
| Gambling  | Name gambling activity here:<br> .....   | .....                                   | .....  | euros spent (gross)  |

Always

Often

Sometimes

Rarely

Never

**5. Physical complaints**

**L**

**T**  
30 days

| <i>«In the past 30 days, how often did you experience:</i> |                       | Never | Rarely | Sometimes | Often | Always |
|--|-----------------------|-------|--------|-----------|-------|--------|
| 1  | Poor appetite         | 0     | 1      | 2         | 3     | 4      |
| 2  | Tiredness/fatigue     | 0     | 1      | 2         | 3     | 4      |
| 3  | Nausea (feeling sick) | 0     | 1      | 2         | 3     | 4      |
| 4  | Stomach pains         | 0     | 1      | 2         | 3     | 4      |
| 5  | Difficulty breathing  | 0     | 1      | 2         | 3     | 4      |
| 6  | Chest pains           | 0     | 1      | 2         | 3     | 4      |
| 7  | Joint/bone pains      | 0     | 1      | 2         | 3     | 4      |
| 8  | Muscle pains          | 0     | 1      | 2         | 3     | 4      |
| 9  | Numbness/tingling     | 0     | 1      | 2         | 3     | 4      |
| 10   | Tremors/shakes        | 0     | 1      | 2         | 3     | 4      |

The MATE-IC is the section of the MATE that is based on the ICF (International Classification of Functioning, Disability, and Health). From the ICF, a core set of domains and factors is selected. Problems, and limitations are assessed for these domains in Module 7. IC refers to ICF-Core set. The MATE-IC assesses the extent of the limitation (or the severity of the problem) on the selected domains

With regard to activities and participation, the ICF makes a distinction between performance and capacity. The MATE evaluates an individual's performance rather than his or her capacity. Performance refers to the execution of activities and participation, and capacity refers to the ability to execute them.

An individual's performance can be supported by the use of facilities or other environmental factors. A person who does not have the capacity to do household activities, but for whom these activities have been taken care of by others, would be judged not to have a performance limitation in this domain.

Limitations are scored on a five-point scale, ranging from 0 (none) to 4 (complete). The degree of limitation can vary in intensity ('not noticeable' to 'full disruption of daily life'), in frequency ('never' to 'constantly'), or duration ('less than 5% of the time' to 'more than 95%').

The following figure depicts the scale.

| Score                | 0              | 1         | 2                            | 3                                | 4                             |
|----------------------|----------------|-----------|------------------------------|----------------------------------|-------------------------------|
| Degree of limitation | None           | Mild      | Moderate                     | Severe                           | Complete                      |
| Intensity            | Not noticeable | Tolerable | Interference with daily life | Partial disruption of daily life | Full disruption of daily life |
| Frequency            | Never          | Rarely    | Occasionally                 | Frequently                       | Constantly                    |
| Duration             | 0-4%           | 5-24%     | 25-49%                       | 50-95%                           | 96-100%                       |

**Ruler**

The figure shows that the extreme scores, 0 (none) and 4 (complete), represent only a small part of the scale (5% of each side). For a score of 0 or 4 to be given, the degree of limitation must be quite obvious. The score 2 (moderate) reaches no more than half of the scale (50%). This means that when the limitation is more than 50%, the score 3 applies.

In the MATE protocol, anchor points based on these scales are given for all domains to help with the scoring.

Some domains (e.g. spirituality) might not be relevant for every individual. If a person does not find a domain relevant, the score '0' is given for that domain.

All assessments must be made within the context of health. Information that is not related to the person's physical and/or mental health should not be scored.

The person's functioning over the past 30 days is assessed, regardless of whether or not this period is representative of the person's life.

30 days

| ICF<br>Component d: Activities and participation   |  | Limitation in performance / has difficulty in  |
|--|--|--|
| CHAPTER  | <b>In the past 30 days, how much difficulty did the person have in</b>   | † Fill in the extent of the limitation:<br>0: None/NA<br>1: Mild<br>2: Moderate<br>3: Severe<br>4: Complete  |
| INTERPERSONAL INTERACTIONS AND RELATIONSHIPS   | Creating and maintaining:<br><u>d770</u> intimate relationships<br>«Did you have difficulties with your partner (or did you find it difficult not having a partner)?»<br>.....   |  |
|  | <u>d7600</u> parent-child relationships<br>«Were there any difficulties in your relationship with your child(ren)?»<br>† Look for signs of neglect or abuse.<br>.....  |  |
|  | <u>d750,d760</u> informal social relationships and family relationships<br>«Did you have difficulties with your family or friends?»<br>.....   |  |
|  | <u>d740</u> formal relationships<br>«Did you have difficulties relating to your employer, professionals, service providers, or health-care workers?»<br>.....  |  |
|  | <u>d710-d720</u><br>General interpersonal interactions<br>«Did you find it difficult to make contacts with other people or to get along with others?»<br>.....   |  |
|  | MAJOR LIFE AREAS   | <u>d810-d859</u><br>Education, work, and employment<br>«Did you have difficulties acquiring or keeping a job or with educational activities?»<br>..... |
| <u>d870</u><br>Economic self-sufficiency<br>«Did you have difficulties with economic self-sufficiency; were you short of money for your everyday expenses?»<br>..... |  |  |
| COMMUNITY, SOCIAL AND CIVIC LIFE   | <u>d920</u><br>Recreation and leisure<br>«Was it difficult for you to find free time or to engage in free-time activities, for example, relaxation or sport?»<br>.....   |  |
|  | <u>d930</u><br>Religion and spirituality<br>«Did you have difficulties participating in religious or spiritual activities or organizations that might help you find self-fulfilment, meaning, or religious or spiritual value?»<br>..... |  |
| DOMESTIC LIFE  | <u>d610</u><br>Acquiring and maintaining a place to live<br>«Were you without a place to live, or did you have other problems with housing?»<br>.....  |  |
|  | <u>d620-d640</u><br>Household tasks<br>«Did you find it difficult to do household chores, such as shopping, preparing meals, or doing housework?»<br>.....   |  |

30 days

| ICF<br>Component d: Activities and participation |  | Limitation in performance / has difficulty in   |
|--|--|---|
| CHAPTER  | <b>In the past 30 days, how much difficulty did the person have in</b>   | † Fill in the extent of the limitation:<br>0: None/NA<br>1: Mild<br>2: Moderate<br>3: Severe<br>4: Complete |
| SELF-CARE  | <u>d510,d520,d540</u><br>Self-care<br>«Did you have difficulty with self-care, such as washing, caring for parts of your body, or dressing?»<br>.....  |   |
|  | <u>d5700</u><br>Ensuring one's physical comfort<br>«Did you have difficulty finding a safe place to sleep, or with wearing protective clothing?»<br>.....  |   |
|  | <u>d5701</u><br>Managing diet and fitness<br>«Did you find it difficult to eat or drink healthily or to look after your physical condition?»<br>.....  |   |
|  | <u>d5702a</u><br>Seeking and following advices and treatment by healthcare<br>«Did you have difficulties following medical advice or cooperating with your treatment? Did you avoid visiting a doctor, even when you really needed to go?»<br>.....  |   |
|  | <u>d5702b</u><br>Protecting oneself from health risks due to risky behaviour<br>«Have you put your health at risk because of your risky behaviour? Did you have unprotected sexual contacts with casual partners; did you drive or walk in traffic while under the influence. If you are using drugs, did you use unsterile needles?»<br>..... |   |
| GENERAL TASKS AND DEMANDS                        | <u>d230</u><br>Carrying out daily routine<br>«Did you find it difficult to plan, manage, or complete your daily routine?»<br>.....   |   |
|  | <u>d240</u><br>Handling stress and other psychological demands<br>«Did you find it difficult to cope with stress in difficult situations or with tasks that required a lot of responsibility?»<br>.....  |   |
| LEARNING AND APPLYING KNOWLEDGE                  | <u>d1</u><br>Learning and applying knowledge<br>«Did you find it difficult to learn new things, or to solve problems or make decisions?»<br>† This might be caused by low intelligence or a cognitive or emotional disorder.<br>Give your general impression.<br>.....   |   |

**Q** The questions below ask you about your thoughts and feelings about [—substance/behaviour—] and about using or not using.

The questions concern only the *past 7 days*. Answer the questions based on what you thought, felt, and did during the past week. Circle the number before the answer that best applies to you.

[—substance/behaviour—] =  .....

- T** 7 days
- 1 How much of your time when you're not using is occupied by ideas, thoughts, impulses, or images related to using?
    - 0 None.
    - 1 Less than 1 hour a day.
    - 2 1-3 hours a day.
    - 3 4-8 hours a day.
    - 4 More than 8 hours a day.
  
  - 2 How frequently do these thoughts occur?
    - 0 Never.
    - 1 No more than 8 times a day.
    - 2 More than 8 times a day, but most hours of the day are free of these thoughts.
    - 3 More than 8 times a day and during most hours of the day.
    - 4 These thoughts are too numerous to count, and an hour rarely passes without several such thoughts occurring.
  
  - 3 How much distress or disturbance do these ideas, thoughts, impulses, or images related to using cause you when you're not using?
    - 0 None.
    - 1 Mild, infrequent, and not too disturbing.
    - 2 Moderate, frequent, and disturbing, but still manageable.
    - 3 Severe, very frequent, and very disturbing.
    - 4 Extreme, nearly constant, and disabling distress.
  
  - 4 How much of an effort do you make to resist these thoughts or try to disregard or turn your attention away from these thoughts as they enter your mind when you're not using? (Rate your effort made to resist these thoughts, not your success or failure in actually controlling them.)
    - 0 My thoughts are so minimal that I don't need to actively resist them. If I do have thoughts, I always make an effort to resist them.
    - 1 I try to resist them most of the time.
    - 2 I make some effort to resist them.
    - 3 I give in to all such thoughts without attempting to control them, but I do so with some reluctance.
    - 4 I completely and willingly give in to all such thoughts.
  
  - 5 How strong is the drive to use [—substance/behaviour—]?
    - 0 No drive to use [—substance/behaviour—].
    - 1 Some pressure to use [—substance/behaviour—].
    - 2 Strong pressure to use [—substance/behaviour—].
    - 3 Very strong drive to use [—substance/behaviour—].
    - 4 The drive to use [—substance/behaviour—] is completely involuntary and overpowering.

**Q2. Depression, anxiety, and stress**

Q

Please read each statement and circle a number 0, 1, 2 or 3 which indicates how much the statement applied to you over the *past week*.

There are no right or wrong answers. Do not spend too much time on any statement.

The rating scale is as follows:

0 = Did not apply to me at all

1 = Applied to me to some degree, or some of the time

2 = Applied to me to a considerable degree, or a good part of the time

3 = Applied to me very much, or most of the time

7 days

|  | Did not apply to me at all | Applied to me to some degree, or some of the time | Applied to me to a considerable degree, or a good part of the time | Applied to me very much, or most of the time |
|--|----------------------------|---|--|--|
| 1 I found it hard to wind down   | 0                          | 1   | 2  | 3  |
| 2 I was aware of dryness of my mouth   | 0                          | 1   | 2  | 3  |
| 3 I couldn't seem to experience any positive feeling at all  | 0                          | 1   | 2  | 3  |
| 4 I experienced breathing difficulty (e.g., excessively rapid breathing, breathlessness in the absence of physical exertion)           | 0                          | 1   | 2  | 3  |
| 5 I found it difficult to work up the initiative to do things  | 0                          | 1   | 2  | 3  |
| 6 I tended to over-react to situations   | 0                          | 1   | 2  | 3  |
| 7 I experienced trembling (e.g., in the hands)   | 0                          | 1   | 2  | 3  |
| 8 I felt that I was using a lot of nervous energy  | 0                          | 1   | 2  | 3  |
| 9 I was worried about situations in which I might panic and make a fool of myself  | 0                          | 1   | 2  | 3  |
| 10 I felt that I had nothing to look forward to  | 0                          | 1   | 2  | 3  |
| 11 I found myself getting agitated   | 0                          | 1   | 2  | 3  |
| 12 I found it difficult to relax   | 0                          | 1   | 2  | 3  |
| 13 I felt down-hearted and blue  | 0                          | 1   | 2  | 3  |
| 14 I was intolerant of anything that kept me from getting on with what I was doing   | 0                          | 1   | 2  | 3  |
| 15 I felt I was close to panic   | 0                          | 1   | 2  | 3  |
| 16 I was unable to become enthusiastic about anything  | 0                          | 1   | 2  | 3  |
| 17 I felt I wasn't worth much as a person  | 0                          | 1   | 2  | 3  |
| 18 I felt that I was rather touchy   | 0                          | 1   | 2  | 3  |
| 19 I was aware of the action of my heart in the absence of physical exertion (e.g. sense of heart rate increase, heart missing a beat) | 0                          | 1   | 2  | 3  |
| 20 I felt scared without any good reason   | 0                          | 1   | 2  | 3  |
| 21 I felt that life was meaningless  | 0                          | 1   | 2  | 3  |





Assessed by: .....

Date of assessment: 

|   |   |   |   |   |   |
|---|---|---|---|---|---|
|   |   |   |   |   |   |
| d | d | m | m | y | y |

Person no: 

|  |  |  |  |  |
|--|--|--|--|--|
|  |  |  |  |  |
|--|--|--|--|--|

| Module                              | Score                                     | Scoring and calculation  | Range min-max | Result | Threshold value<br>[MD]: used in the MATE dimension scores |
|-------------------------------------|---|--|---------------|--------|--|
| 5. Physical complaints              | Physical complaints [S5.1]                | Sum of the 10 item values.   | 0 – 40        | .....  |  |
| 7 MATE-IC                           | Limitations - Total [S7.1]                | Sum of the values of the 19 limitation items.  | 0 – 76        | .....  |  |
|                                     | Limitations - Basic [S7.2]                | d610 Acquiring and maintaining a place to live; d620-d640 Household tasks; d510,d520,d540 Self-care; d5700 Ensuring one's physical comfort; d5701 Managing diet and fitness; d5702a Seeking and following advices and treatment by healthcare; d5702b Protecting oneself from health risks due to risky behaviour; d230 Carrying out daily routine | 0 – 32        | .....  | ≥ 12[MD]   |
|                                     | Limitations - Relationships [S7.3]        | d770 intimate relationships; d7600 parent-child relationships; d750,d760 informal social relationships and family relationships; d740 formal relationships; d710-d720 General interpersonal interactions   | 0 – 20        | .....  |  |
| Q1. Craving                         | Craving [SQ1.1]                           | Sum of the 5 item values.  | 0 – 20        | .....  | ≥ 12[MD]   |
| Q2. Depression, anxiety, and stress | Depression [SQ2.1]                        | Sum of the 7 item values (#3,#5,#10,#13,#16,#17,#21). Multiply the sum by 2.   | 0 – 42        | .....  | ≥ 21   |
|                                     | Anxiety [SQ2.2]                           | Sum of the 7 item values (#2,#4,#7,#9,#15,#19,#20). Multiply the sum by 2.   | 0 – 42        | .....  | ≥ 15   |
|                                     | Stress [SQ2.3]                            | Sum of the 7 item values (#1,#6,#8,#11,#12,#14,#18). Multiply the sum by 2.  | 0 – 42        | .....  | ≥ 26   |
|                                     | Depression Anxiety Stress - Total [SQ2.4] | Sum of SQ2.1, SQ2.2, and SQ2.3   | 0 – 126       | .....  | ≥ 60[MD]   |