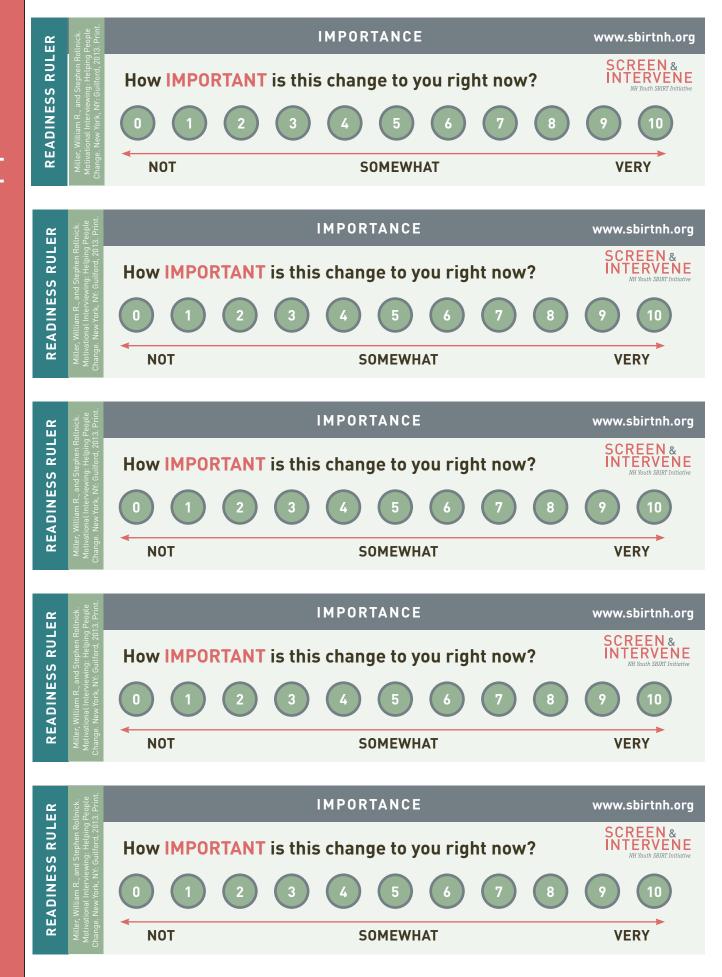
Appendix K

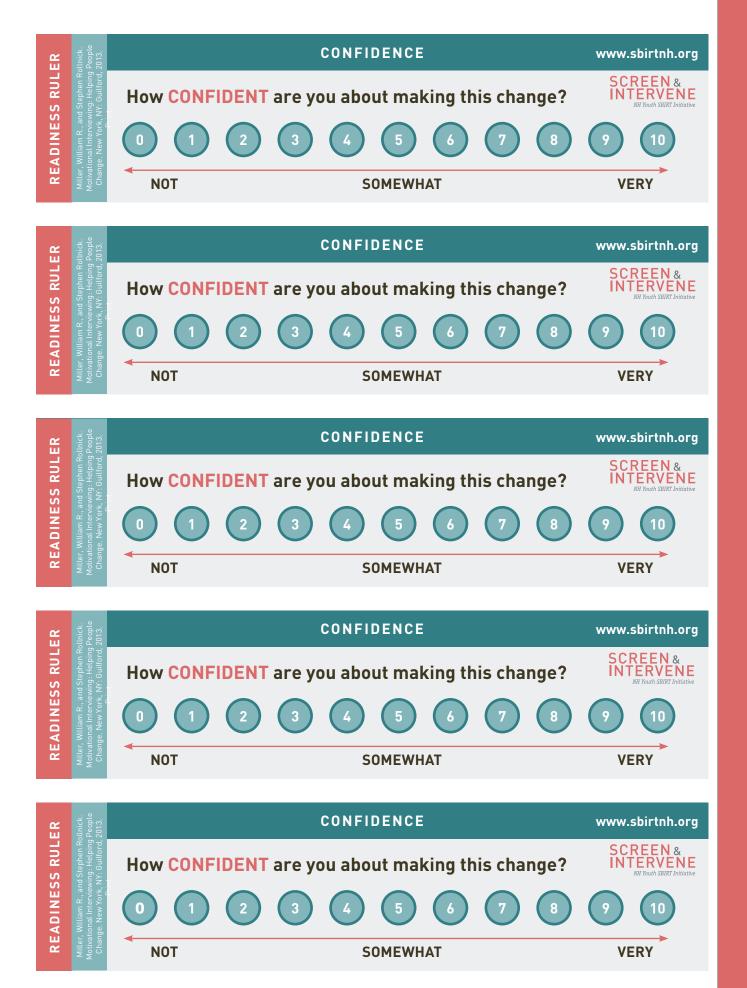
Brief Intervention Tools

Observation Sheet: Strategies for Evoking Change Talk:

Place a check mark when you see the strategy used in the video. These are specific Motivational Interviewing skills strategies that are likely to elicit and support change talk in patients.

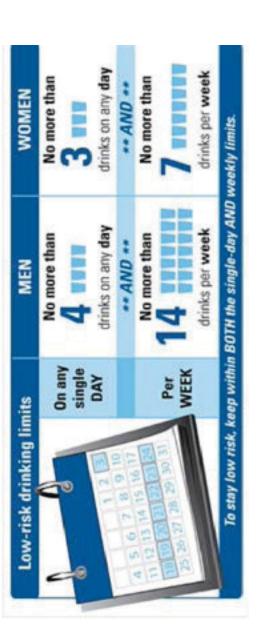
Use Change Rulers	Query Extremes	Look Forward	Look Back	Motivation	Come Alongside	Negotiate a Plan	Ask for Elaboration and Examples	Good Things/Not SO Good Things	Enhance Motivation	Enhance Motivation	Provide Feedback	Ask Evocative Questions	Raise the Subject
 Used the Readiness Ruler (1) On a scale of 1-10, how important is it to you to quit drinking? One is not important and 10 is extremely important. Follow up "And why are you a XX and not XX?" "What might happen that could move you to a higher number?" (2) Ask: "How confident are you that you could make the change if you decided to quit?" 	-"What are the worst things that might happen if you don't quit drinking?" -"What are the best things that might happen if you quit drinking?"	 Ask what may happen if things continue as they are (status quo)? "If you were 100% successful in making the changes you want, what would be different? "How would you like your life to be in 5 years?" 	• Asked about a time before s/he did not drink – how were things better or different?		• Explicitly sided with the negative or status quo side of the ambivalence. -"Perhaps having drinks (beer) with friends is so important to you that you won't give it up at this time." -"At this time you do not want to stop drinking despite the recommendation. You enjoy drinking with friends."		• Asked for more details when she heard change talk. -"In what ways?" -"Tell me more" -"What does that look like?" -"When was the last time that happened?"	 Asked about the positives and the negatives of the target behavior. "What do you like about drinking? What's good? "What is not so good about drinking." 		 Shared the patient's AUDI/DASH scores and zone. Reviewed NIAA guidelines relevant to his/her gender and age group. Explored possible connection to health, social, work issues and express concerns if relevant. 		• Asked open questions: the patient's answers should elicit change talk. • Explored Decisional Balance: Ask for the pros and cons of both changing and staying the same.	





Appendix K

Verify Current Use: Determine Risk of Drinking



Verify Current Use: What's Standard Drink?

