

Appendix K

Brief Intervention Tools

Observation Sheet: Strategies for Evoking Change Talk:

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

Raise the Subject	<ul style="list-style-type: none"> • 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.
Ask Evocative Questions	<ul style="list-style-type: none"> • Explored Decisional Balance: Ask for the pros and cons of both changing and staying the same.
Provide Feedback	
Enhance Motivation	<ul style="list-style-type: none"> • 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.
Enhance Motivation	
Good Things/Not SO Good Things	<ul style="list-style-type: none"> • Asked about the positives and the negatives of the target behavior: <ul style="list-style-type: none"> - "What do you like about drinking? What's good?" - "What is not so good about drinking?"
Ask for Elaboration and Examples	<ul style="list-style-type: none"> • Asked for more details when she heard change talk. <ul style="list-style-type: none"> - "In what ways...?" - "Tell me more..." - "What does that look like...?" - "When was the last time that happened...?"
Negotiate a Plan	
Come Alongside	<ul style="list-style-type: none"> • Explicitly sided with the negative or status quo side of the ambivalence. <ul style="list-style-type: none"> - "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."
Motivation	
Look Back	<ul style="list-style-type: none"> • Asked about a time before s/he did not drink – how were things better or different?
Look Forward	<ul style="list-style-type: none"> • Ask what may happen if things continue as they are (status quo)? <ul style="list-style-type: none"> - "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?"
Query Extremes	<ul style="list-style-type: none"> - "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?"
Use Change Rulers	<ul style="list-style-type: none"> • Used the Readiness Ruler <ol style="list-style-type: none"> (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?" <ul style="list-style-type: none"> - "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?"

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READINESS RULER

Miller, William R., and Stephen Rollnick. *Motivational Interviewing: Helping People Change*. New York, NY: Guilford, 2013. Print.

IMPORTANCE www.sbirtnh.org

How **IMPORTANT** is this change to you right now?

SCREEN & INTERVENE
NH Youth SBIRT Initiative

0 1 2 3 4 5 6 7 8 9 10

← NOT SOMEWHAT → VERY →

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Verify Current Use: Determine Risk of Drinking



Low-risk drinking limits		MEN	WOMEN
On any single DAY	No more than	4 	No more than 3 
		drinks on any day	drinks on any day
		** AND **	** AND **
Per WEEK	No more than	14 	No more than 7 
		drinks per week	drinks per week

To stay low risk, keep within BOTH the single-day AND weekly limits.

Verify Current Use: What's Standard Drink?

12 oz. of beer or cooler		12 oz.
8-9 oz. of malt liquor <small>8.5 oz. shown in a 12-oz. glass that, if full, would hold about 1.5 standard drinks of malt liquor</small>		8.5 oz.
5 oz. of table wine		5 oz.
3-4 oz. of fortified wine <small>(such as sherry or port) 3.5 oz. shown</small>		3.5 oz.
2-3 oz. of cordial, liqueur, or aperitif <small>2.5 oz. shown</small>		2.5 oz.
1.5 oz. of brandy <small>(a single paper)</small>		1.5 oz.
1.5 oz. of spirits <small>(a single jigger of 80-proof gin, vodka, whiskey, etc.) Shown straight out in a shotball glass with ice to show level before adding mixer</small>		1.5 oz.

Note: People buy many of these drinks in containers that hold multiple standard drinks. For example, malt liquor is often sold in 16-, 22-, or 40-oz. containers that hold between two and five standard drinks, and table wine is typically sold in 25 oz. (750 ml.) bottles that hold five standard drinks.