

SBIRT: Brief Intervention Questions

Instructions

- Brief interventions last from 5 minutes of brief advice to 15-30 minutes of brief counseling
 - Brief interventions are not intended to treat people with serious substance dependence, but rather to treat problematic or risky substance use
 - Note, these questions can be customized to address the specific needs of the patient.
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Questions

- Would you mind taking a few minutes to talk with me about your use of [X]?
- Before we start, can you tell me a little bit about a day in your life?
Where does your [X] use fit in?
- Help me understand through your eyes the good things about using [X].
- What are some of the not so good things about using [X]?
- I have some information that may be helpful, would you mind if I shared it with you?
- We know that drinking 4 or more (F) / 5 or more (M) drinks in one sitting or more than 7 (F) or 14 (M) in a week and/or use of illicit drugs can put you at risk for illness or injury.
It can also cause health problems like [insert medical information].
- What are your thoughts on that?
- On a scale from 1-10, with 1 being not ready at all and 10 being completely ready, how ready are you to make any changes in your [X] use?
- You said _____. That's great. That means you are _____ % ready to make change.
- What makes you choose that number and not a lower one like a 1 or a 2?
Sounds like you have some important reasons for change.
- What are some options/steps that will work for you? What do you think you can do to stay healthy and safe?
- Tell me about a time when you overcame challenges in the past. What kinds of resources did you call upon then? Which of those are available to you this time?
- Will you summarize the steps you will take to change your [X] use? I've written down your plan, a prescription for change, to keep with you as a reminder.