

### Sample Brief Intervention

The patient has positive screening results, but because the AUDIT indicates that the patient is only at moderate risk (AUDIT score = 12), simple advice is appropriate. This brief intervention takes about 3 minutes.

<b>Transition from screening to brief intervention</b>	<p><b>CLINICIAN:</b> Thank you for answering those questions about your alcohol use. Would you be interested to find out how your score on this questionnaire compares with other people?</p> <p><b>PATIENT:</b> Sure, I guess so.</p>
<b>Giving feedback</b>	<p><b>CLINICIAN:</b> Okay. Well those questions provide a good measure of the risk a person has associated with their drinking. A score of 8 or less for men your age is considered low-risk. Your score was 12, which means your drinking pattern poses some risk even though you don't seem to have experienced problems yet.</p> <p><b>PATIENT:</b> Oh wow.</p>
<b>Understanding patients' views of drinking and enhancing motivation</b>	<p><b>CLINICIAN:</b> Surprised?</p> <p><b>PATIENT:</b> Yeah. I figured I'd be, you know, in the lowest range.</p> <p><b>CLINICIAN:</b> So you thought your drinking was less than average...</p> <p><b>PATIENT:</b> Yeah, I mean most of my friends drink more than me. I'm not an alcoholic or anything like that.</p> <p><b>CLINICIAN:</b> Well, let's not worry about labels. I'm more concerned about whether your drinking is going to hurt you now or in the future.</p> <p><b>PATIENT:</b> Yeah.</p> <p><b>CLINICIAN:</b> Many of our patients are surprised to learn what their scores are, and it's just an opportunity to think about making a change. If you were to do that, your chances of avoiding injury or developing some other problem would be much better.</p> <p><b>PATIENT:</b> I don't know about quitting, that seems like way overkill for me.</p>
<b>Giving advice and negotiating</b>	<p><b>CLINICIAN:</b> Many patients can successfully cut down to safer levels so they reduce their risk of injury and other problems. But it's important to know how much is enough. Men should drink no more than 4 standard drinks per occasion and no more than 14 drinks per week. And a drink is 12 oz. of beer, 5 oz. of wine, or one 1.5 oz. shot of spirits—double shots are 2 drinks. What do you think?</p> <p><b>PATIENT:</b> Well, I guess I could do it. It's not like it's a big deal to me.</p> <p><b>CLINICIAN:</b> That's really great. You sound determined. So your limit would be no more than 4 drinks per occasion, and no more than 14 drinks per week. It's a good opportunity for you to test your control over alcohol. Just remember that this guideline means you can't have all of your weekly drinks in one day! (both laugh) And don't forget, no drinks at all if you're driving.</p> <p><b>PATIENT:</b> Yeah, well I think I can stay under those limits most of the time.</p> <p><b>CLINICIAN:</b> Great! But remember that it might only take one time of having too much to create a problem. So try sticking to those limits all the time. But if you do go over them, don't let that deter you. It may take some practice to do it all the time. But it will be best for your health to keep at it.</p> <p><b>PATIENT:</b> Okay, I'll give it a try.</p>
<b>Closing on good terms</b>	<p><b>CLINICIAN:</b> Good for you. Let me know if you have any problems with it, and thanks for talking about it.</p>