

## Role play: Diego

### For the health professional:

Diego is a 14-year-old male presenting for a physical examination required for participation in his school's fall sports program. Here are Diego's answers:

#### S2BI:

In the <b>PAST YEAR</b> , how many times have you used:	Never	Once or twice	Monthly	Weekly
Tobacco:	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Alcohol:	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Marijuana:	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

If you answered "Never" to all questions above, you can skip to **CRAFFT question #1** and then turn the page. Otherwise, please continue answering all questions below.

Prescription drugs that were not prescribed for you: (such as pain medication or Adderall)	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Illegal drugs: (such as cocaine or ecstasy)	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Inhalants: (such as nitrous oxide)	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Herbs or synthetic drugs: (such as salvia, "K2", or bath salts)	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

If you answered "Never" or "Once or twice" to all questions above, you can answer only **CRAFFT question #1** below and then turn the page. Otherwise, please continue answering all questions below.

### CRAFFT questions

	No	Yes
1. Have you ever ridden in a car driven by someone (including yourself) who was "high" or had been using alcohol or drugs?	<input type="checkbox"/>	<input type="checkbox"/>
2. Do you ever use alcohol or drugs to relax, feel better about yourself, or fit in?	<input type="checkbox"/>	<input type="checkbox"/>
3. Do you ever use alcohol or drugs while you are by yourself, or alone?	<input type="checkbox"/>	<input type="checkbox"/>
4. Do you ever forget things you did while using alcohol or drugs?	<input type="checkbox"/>	<input type="checkbox"/>
5. Do your family or friends ever tell you that you should cut down on your drinking or drug use?	<input type="checkbox"/>	<input type="checkbox"/>
6. Have you ever gotten into trouble while you were using alcohol or drugs?	<input type="checkbox"/>	<input type="checkbox"/>

## **For the patient to read:**

You are a 14-year-old male presenting for a required check up so you can play on the school soccer team.

About six months ago, you tried drinking alcohol a few times, all of which happened at large family gatherings, when you and a few cousins your age snuck sips of beer when no adults were looking. Once you were able to steal a whole six pack without anyone noticing, which you shared with friends later. You didn't think the beer tasted very good, but drinking two bottles made you feel "buzzed" and you had a lot of fun drinking with your friends. You believe your parents have no idea that you have tried alcohol, and you would get into trouble if they found out.

You have tried marijuana twice. Both times occurred during lunch at school, when some friends invited you to meet them in a secluded area off campus to "get high." The first time you didn't feel anything, but the second time you felt spacey, confused, but remember laughing a lot. That day you and your friends ended up returning to school an hour late and you received detention as a result. A teacher suspected at the time that you were under the influence of marijuana, but you denied it.

You think both alcohol and marijuana are fun to use and don't pose any real risk. As long as your parents and school officials don't know that you drink and smoke once in a while, then you see no problem with continuing to do so. However, you would be surprised to hear from a health professional that these substances may harm your brain development. You're also worried about being kicked off the soccer team if the coach ever found out.

On the Readiness Ruler, your motivation to stop using marijuana is a 6; stop drinking alcohol: 4.

**For the observer:**

**Brief intervention observation sheet**

Did the health professional . . .

**Raise  
subject**

- |   |     |    |
|---|-----|----|
| 1) Ask patient for permission to discuss substance use? | Yes | No |
| 2) Ask the patient to describe substance use patterns?  | Yes | No |

**Provide  
feedback**

- |   |     |    |
|---|-----|----|
| 3) Ask patient if he/she sees a connection between his/her substance use and health concerns (if relevant)? | Yes | No |
| 4) Review the results of the screening form?  | Yes | No |
| 5) Express concern and inform patient of risks of use?  | Yes | No |

**Enhance  
motivation**

- |   |     |    |
|---|-----|----|
| 6) Ask patient to select a number on the "Readiness Ruler"? | Yes | No |
| 8) Ask patient why he/she did not pick a lower number?      | Yes | No |
| 9) Discuss patient's pros and cons of use?                  | Yes | No |

**Negotiate  
plan**

- |  |     |    |
|--|-----|----|
| 8) Elicit a plan of behavior change by asking what steps the patient is ready to take (if patient is ready)? | Yes | No |
| 9) Re-state the recommendation not to use alcohol or drugs?  | Yes | No |

10) To what degree did the clinician or behaviorist use a guiding style of communication?

**Not at all**

**Very much**

1      2      3      4      5      6      7