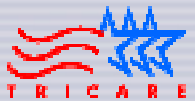




# The Drinker's Check-up (DCU)



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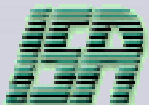


## The DCU: A brief motivational intervention (BMI)

- BMIs have most evidence of effectiveness of interventions for individuals with alcohol problems (Miller et al., 2003).
- BMIs have been evaluated in diverse populations and settings.
- Most, but not all, randomized clinical trials have been with drinkers who are not severely dependent (alcoholic).

# BMIs Theoretical Background

- Brief interventions evolved *atheoretically* from outcome research: minimal tx = more extensive tx. (Miller et al., 2003)
- Brief interventions began to incorporate motivational elements as Motivational Interviewing (MI) evolved (Miller & Rollnick, 1991).
- Underlying theory of motivation (Miller, 2004) in MI is now the theoretical basis for BMIs.



# Brief motivational interventions (BMIs): Increasing internal motivation for change.

- Comprehensive assessment of drinking, consequences, risk factors, dependence, & other drug use
- Objective feedback w/o labeling, diagnosing, The feedback creates discomfort within the drinker.
- Interactions following feedback to resolve ambivalence about changing & enhance motivation for change.



# The DCU modules

- Look at My Drinking
  - A detailed, comprehensive assessment
- Get Feedback
  - Personalized, detailed feedback
- Decide What to Do
  - Designed to resolve user's ambivalence about changing.



# WELCOME to the Drinker's Check-up

*If you are new to this program, New User  
will help you*

*find out what this program is all about  
determine whether it might be useful for you  
and to register for it*

*If you have used the program before and are  
returning Logon to get into the program again.*



# THE DRINKER'S CHECK-UP Home Page

*To make best use of the program, Tim, go through the sections below in order, starting with section 1" Look at my drinking."*



*look*

**1. Look at my drinking**



*feedback*

**2. Get feedback**



*decide*

**3. Decide what to do**

**Exit**

Here are some questionnaires you can take, Tim, to help you look at your drinking. After you've taken a questionnaire, a check mark will appear. You can answer as many or few questionnaires as you'd like. You can also take a questionnaire again if you like by clicking on its link.



Once you're done taking the questionnaires, click on the Home Page button to go to the Getting Feedback section.

Questionnaires your doctor or therapist has recommended that you take are in red.

Taken	Questionnaire	This questionnaire helps you look at:
<input checked="" type="checkbox"/>	<u>AUDIT</u>	whether this program will be worth your time and effort
<input checked="" type="checkbox"/>	<u>BDP</u>	how much and how often you drink
	<u>DrInC</u>	possible consequences of drinking
	<u>SADQ-C</u>	how much you may have come to depend on drinking
	<u>SOCRATES</u>	your level of motivation for changing

Home Page



# GETTING FEEDBACK *Main Page*

*Now we will give you feedback on each questionnaire you've taken.*

*To get your feedback, take the [Guided Tour](#).*

*If you've already taken the guided tour and are returning to review your feedback in a particular area, click [here](#)*



*[Interested in the guidelines used in this feedback?](#)*

Home Page

# DECIDING What To Do

*Before we begin helping you decide what, if anything, you're going to do about your drinking, Tim, it would be helpful to know just how ready you are to change.*

*Here is a slide ruler. Move the pointer to indicate your readiness to change, then click the submit button. (To move it, click and hold the mouse button while you drag it).*



Submit

*Not at all  
ready*

*Unsure*

*Really ready to  
change*

# Tim's Feedback Summary

Because there's so much information we can provide you we've set up a series of pages that you can get to by clicking on the different tabs.



Print this summary

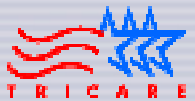
How Much	Risk Factors	Consequences	Medical Issues	Dependence	Motivation
Number of standard drinks you consume per week		35		Estimated blood alcohol levels (BAC) peaks in a typical week	.055
Your drinking relative to U.S. adult males (percentile)		93		Estimated peak blood alcohol levels (BAC) on a heavier day of drinking	.031

Reactions to How Much You Drink?

Reactions to BAC info?

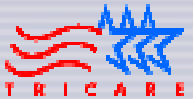
# Revising the DCU for the military

- Complete overhaul of the graphics, background, fonts, and colors.
- Adding in military specific graphics.
- Creation of Admin. Module to allow for management of the database and revising norms used in the program.



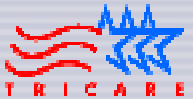
# Revising the DCU for the military: The Assessment module

- Adding elements in the initial decisional balance exercise germane to the military.
- Deleting assessments that measure severe dependence (SADQ-C)
- Deleting assessments that compare users to those entering treatment for alcohol problems (DrInC, SOCRATES).
- Adding assessment that measures alcohol-related problems germane to the military (e.g., Survey of Health Related Behaviors).



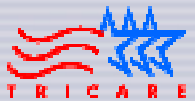
# Revising the DCU for the military: The Feedback module

- Adding quantity/frequency feedback that includes service specific norms.
- Adding feedback on alcohol-related problems assessment that has military norms.



# Revising the DCU for the military: Motivational enhancement module

- Revising the decisional balance exercise to include elements germane to the military and the revised feedback.
- Eliminate requirement of commitment to change prior to proceeding with elements that discuss goals of change, chances of success with moderate drinking, functional analysis of drinking and developing a change plan.





- [DoDDDCU.htm](#)

