

# eSBIRT ('ēz 'birt)

eSBIRT is a secure web based system built to collect the information and support service provision for Screening Brief Intervention and Referral to Treatment (SBIRT) programs. eSBIRT supports unlimited users, programs, sites, and locations.

eSBIRT walks users step-by-step through the SBIRT assessment and service process.

Demographics > Prescreen > Full Screen > Drinking comparison > Readiness to change > Personal feedback report > ...

As users respond to questions, it dynamically tailors its self so that no unnecessary information or assessments are ever presented. Questions and information are provided a page at a time making it easier for users to contextualize the content and respond. Data quality checking is built into the system highlighting issues for the user before the data is saved. This user experience has been used successfully by both trained SBIRT staff and untrained users. All assessments are available in English or Spanish.

At the conclusion of the assessment process eSBIRT enumerates the individual's risks and recommends a service that is specific to their needs.

Services for most individuals are based upon motivational interviewing techniques. Because of this, a Personal Feedback Report is generated for each individual to support motivational enhancement. This report describes the various risks the individual faces, compares their current behaviors with normative data, and offers specific behavioral change recommendations based on their current readiness to change.

## MOSBIRT - Personal Health Risk Assessment

Participant: Test, Amy (9987631)

Assessed: Wednesday, February 01, 2012

**About this report:** Like most women you face a lot of responsibilities and decisions every day. These include how you take care of yourself and your future. From Dr. Oz to your mother, it seems like everyone has an opinion or advice about how to be healthy.

While there are many ways to be healthy, this report focuses on helping you learn about the relationship between **your** current substance use and **your** health.

- What risks do you face (in particular for tobacco, alcohol, and cannabis)?
- How do you compare to others?
- What can you do to reduce your risk?

If you decide to make some changes to reduce your risks, you will be taking better care of yourself and your future. Change requires you to make different choices and no single choice is right for everyone. This report gives you a variety of suggestions. The choice is up to you.

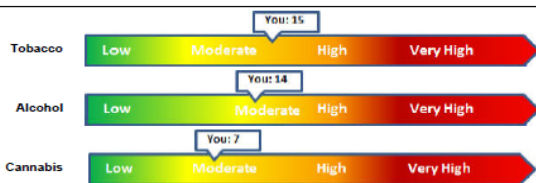


Figure 2. Personal Health Risk Assessment

The Size of a STANDARD drink:

12 fl oz of regular beer = 8-9 fl oz of malt liquor (shown in a 12-oz glass) = 5 fl oz of table wine = 3-4 oz of fortified wine (such as sherry or port; 3.5 oz shown) = 1.5 oz of brandy (a single jigger or shot) = 1.5 fl oz shot of 80-proof spirits ('hard liquor')

1. In the past three months, how often do you have a drink containing alcohol?  
 Never  Monthly or Less  2 to 4 times a month  2 to 3 times a week  4 or more times a week

2. In the past 3 months, how many drinks containing alcohol do you have on a typical day when you are drinking?  
 1 or 2  3 or 4  5 or 6  7 to 9  10 or more

3. In the past 3 months, how often do you have 4 or more drinks on one occasion?  
 Never  Less than monthly  Monthly  Weekly  Daily or almost daily

4. In the last twelve months, did you smoke pot, use another street drug, or use a prescription painkiller, stimulant, or sedative for a non-medical reason?  
 Yes  No

Figure 1. eSBIRT Prescreen

recommendations based on their current readiness to change. In addition to its use during motivational interviewing, the report is printed, allowing individuals to take it home for further reflection.

eSBIRT provides evidence base manualized service guidance for a single brief (about 15 minutes) session and for those needing the next step up in services, five one hour sessions. For each type of session, providers are briefly reminded of the topics to cover and the approach to be taken. Each session includes an explicit evaluation by the staff and patient to help measure their impact. For individuals needing referral eSBIRT tracks warm hand off activities.

In sum, eSBIRT provides a usable, secure, and flexible platform for the provision and reporting of SBIRT services.