

Brief Intervention Observation Sheet (BIOS)
for Kognito's *SBI with Adolescents* Online Simulation

Date: _____

Person Conducting the Brief Intervention: _____

Observer: _____

Observer Instructions: Place a ✓ in the Yes/No column corresponding to the components utilized in the role play or standardized patient simulation.

CRITERIA	YES	NO
BUILD RAPPORT		
• Ask about life	☐	☐
• Ask permission to raise subject	☐	☐
• Discuss drinking/drug use	☐	☐
ELICIT PROS AND CONS		
• Elicit pros	☐	☐
• Elicit cons	☐	☐
• Summarize	☐	☐
PROVIDE FEEDBACK		
• Ask permission to share information	☐	☐
• Provide salient info	☐	☐
• Elicit response	☐	☐
ASSESS READINESS		
• Ask about readiness	☐	☐
• Make recommendation for abstinence	☐	☐
• Ask, Why not less? Or What would have to change?	☐	☐
NEGOTIATE AN ACTION PLAN		
• Elicit a specific goal	☐	☐
• Collaborate on specific steps	☐	☐
• Explore challenges to change	☐	☐
SUMMARIZE AND THANK		
• Summarize an action plan	☐	☐
• Offer referrals (as needed)	☐	☐
• Schedule a check-in	☐	☐

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Developed to accompany Kognito's *SBI with Adolescents* Online Simulation. Adapted from the Brief Negotiated Interview (BNI).