

TASK 1 – SCRIPT TO CLARIFY ISSUES ABOUT CHANGE

Ask about Readiness to Change	
<i>“Where are you in terms of your smoking?” [Select one] “Are you really not thinking about quitting?” “Are you thinking about it?” “Are you willing to make a change?”</i>	
Provide a Stage-specific Rationale for Using the Decision Balance	
<i>Precontemplation: “You just told me that you do not want to think about quitting cigarettes. Would you mind if we did a decision balance together so I could better understand why you like to smoke?”</i>	
<i>Contemplation: “You told me that you are thinking about quitting. Would you mind if we did a decision balance together? It can help you think more about whether you want to smoke or quit.”</i>	
<i>Preparation: “You seem close to setting a quit date. Would you mind if we did a decision balance together? It can help you pick a date and prevent you from relapsing.”</i>	
Show the Decision Balance to the Patient	
<i>“Let me show you what a decision balance looks like. As we use it, it can help you better understand why you like to smoke and why you may want to think about quitting. But first (pointing to the top left-hand column), what do you like about smoking cigarettes? I would just like to make a few notes as we go along. Is that okay? You can keep the decision balance when we have completed it.”</i>	
Use the Decision Balance to Ask Questions	
<p>1. Benefits of smoking <i>“What do you like about smoking? And what else?”</i></p>	<p>2. Concerns about smoking <i>“What, if anything, concerns you about the effects of smoking on your health?” “Does anyone else have any concerns about your smoking?”</i></p>
<p>3. Concerns about quitting <i>“Do you have any concerns about if you were to quit?” “What effects would quitting have on you?” “What questions would you have if you were to quit smoking?”</i></p>	<p>4. Benefits of quitting <i>“How do you think your health would improve if you were to quit?” “In what way would you benefit from quitting?”</i></p>
Explain and Obtain “Think” and “Feeling” Scores for Resistance and Motivation	
<i>“The left column represents your reasons to smoke (resistance). The right column represents your reasons to quit (motivation). On a scale of 0 to 10, 0 meaning none and 10 meaning very high, what score would you give for your reasons to smoke? [pointing to the left column] And what score would you give for your reasons to quit? [pointing to the right column] Are your resistance and motivation scores based on what you think or feel about change? Now how would you score your resistance and motivation based on what you feel (or think)?</i>	