Screening, Brief Intervention, and Referral

A Longitudinal Study with 466 Social Workers at 32 Organizations

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PRODUCT DESCRIPTION

SBI with Adolescents and *SBI Skills Assessment* are interactive role-play simulations where health professionals build and assess their skills in conducting substance use Screening & Brief Intervention (SBI) using evidence-based intervention and motivational interviewing techniques with adult and adolescent patients, providing referrals to treatment when appropriate.

The simulations were developed by Kognito with input from nationally recognized subject matter experts. The simulation is a CE-certified solution that helps improve patient-provider communication and supports the integration of substance use SBI in primary care settings. A demo can be viewed at www.kognito.com.

Snapshot of Kognito's *SBI with Adolescents*

"The assessment challenge was a great way for me to receive feedback and to see the difference in the client's reaction based on my approach. This was the highlight of the activity and gives me something to return to if ever I feel stuck in screenings."
- Social Worker

SUMMARY OF STUDY RESULTS

1. **Increase in Self-Efficacy**
   This study found a statistically significant increase (p<0.001) from pre-simulation to 3-month follow-up in self-reported confidence in ability to: (1) screen clients for substance use using validated tools, (2) engage in brief motivational counseling for substance use (e.g., collaboratively discuss treatment options), and (3) refer clients to additional substance use support services.

2. **Improved Behavioral Intent**
   Statistically significant increase (p<0.001) from pre-simulation to 3-month follow-up in participants' likelihood to engage in screening and in managing the treatment of clients who exhibit signs of mental health disorders and substance use.

3. **Improved Rates of Screening and Brief Intervention**
   Statistically significant increases (p<0.05) of 49% to 74% in the number of clients with whom participants conducted a screening, a brief intervention, or a referral to treatment for substance use or mental health.
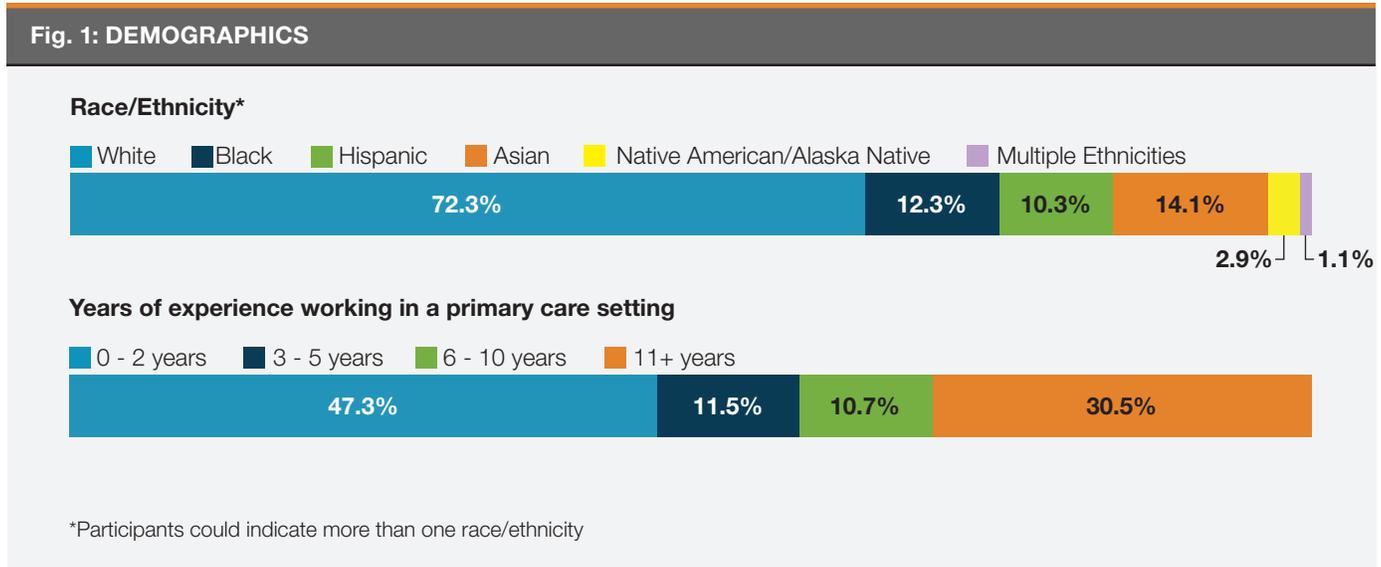
4. **Satisfaction with the Simulation**
   Participants highly ranked the simulation's learning experience and design. Ninety-nine percent rated it as "good" to "excellent," and 94% would recommend the simulation to their colleagues. Over 96% of social workers who took the simulation agreed or strongly agreed that the training was based on scenarios relevant to them and their clients, and 94% agreed or strongly agreed that the training is likely to help them help clients with substance use.

SUBJECTS AND METHODS

The study was conducted between January 2016 and June 2019 with 466 participants. The sample was comprised entirely of social workers practicing across 32 organizations in the United States. Eighty-four percent of participants were female. Participants' average number of years of experience working as a mental health professional was eight years. Additional demographic information is shown in Fig. 1. After completing a baseline survey, participants were directed to take the simulation immediately followed by a post-simulation survey and, three months later, a follow-up survey.

Fig. 1: DEMOGRAPHICS

Race/Ethnicity*

White	Black	Hispanic	Asian	Native American/Alaska Native	Multiple Ethnicities

72.3% 12.3% 10.3% 14.1% 2.9% 1.1%

Years of experience working in a primary care setting

0 - 2 years	3 - 5 years	6 - 10 years	11+ years

47.3% 11.5% 10.7% 30.5%

*Participants could indicate more than one race/ethnicity

RESULTS

1. Self-Efficacy

Participants rated their self-efficacy on a range of measures using a 4-point Likert scale ranging from strongly disagree (1) to strongly agree (4). The study found statistically significant increases from baseline to post-simulation ($p<0.001$) and from baseline to 3-month follow-up ($p<0.001$) in all items related to confidence in asking clients about their alcohol and other drug use, which are represented in Fig. 2 as a composite measure of Self-Efficacy. Items in this composite surveyed participants' confidence in their ability to: 1) screen clients for substance use using validated tools, (2) provide brief motivational counseling to a client who is exhibiting signs and symptoms of substance use, (3) refer clients to additional substance use support services.

2. Behavioral Intent

The study found statistically significant increases from baseline to post-simulation ($p<0.001$) and from baseline to 3-month follow-up ($p<0.001$) in the likelihood that participants will engage in screening and in managing the treatment of clients for substance use.

Fig. 2: ATTITUDES REGARDING SBIRT

Changes in attitudes regarding SBIRT from baseline to 3-month follow-up point
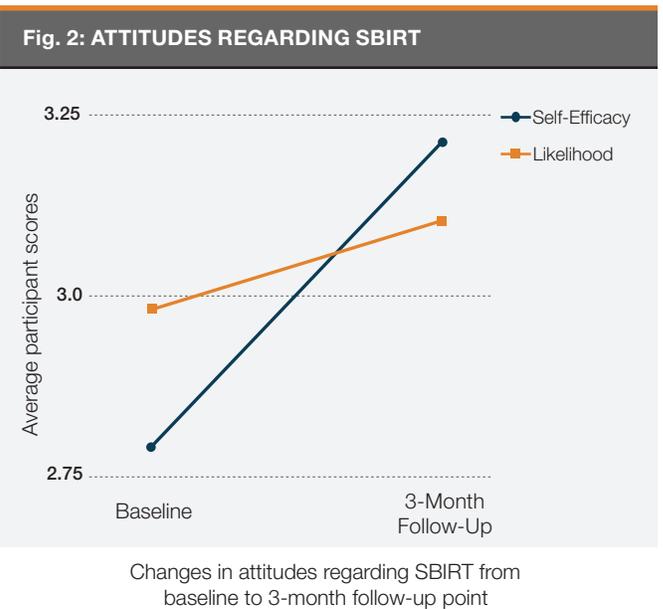
3. Behavior Change and Referral Rates

To assess behavior change, participants responded to items in the pre- and follow-up surveys where they were asked to approximate the number of clients over the past two months whom they: 1) screened for substance use, 2) engaged in a brief intervention for substance use, and 3) referred to treatment for substance use. These increases are indicated in Table 1.

Study participants reported statistically significant increases ($p < 0.05$) at 3-month follow-up in terms of the number of clients they screened and engaged in brief interventions regarding their substance use (Fig. 3). All but one item (referrals to treatment) were statistically significant, suggesting that helping behaviors are significantly higher at follow-up compared with baseline. Specifically, there was an increase of 74% in the number of clients engaged in brief interventions and 117% in the number of clients referred to additional services or specialist treatment (Table 1).

Fig. 3: BEHAVIOR CHANGE
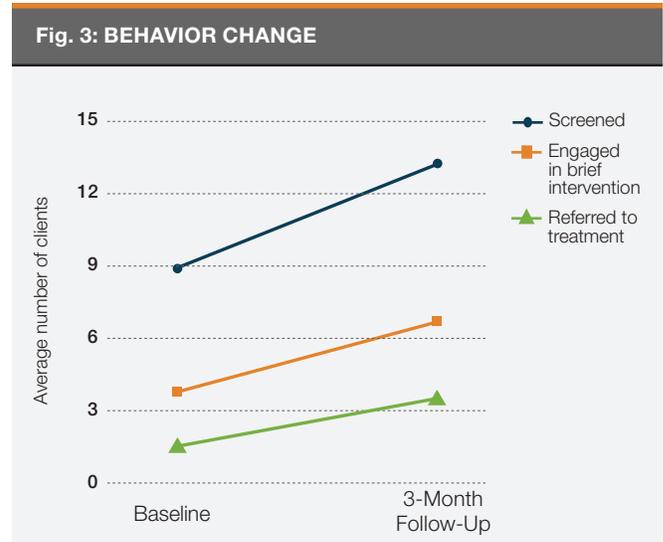
Changes in the number of clients whom participants screened, engaged in brief intervention, and referred to treatment

Table 1: BEHAVIOR CHANGE

Average number of clients whom participants...	Baseline	3-Month Follow-Up	Percent change
Screened in the past two months	8.88	13.26	49%
Engaged in brief intervention in the past two months	3.79	6.58	74%
Referred to treatment in the past two months	1.58	3.43	117%

4. Satisfaction and Learning Experience

Participants highly ranked the simulation's learning experience and design. For example, 99% rated it as "good" to "excellent," and 94% said they would recommend the simulation to their colleagues. Ninety-six percent of social workers taking the simulation agreed or strongly agreed that the simulation was based on scenarios relevant to them and their clients (Fig. 4).

Fig. 4: PARTICIPANT RATINGS

99% rated the simulation as good, very good, or excellent

94% said they would recommend the simulation to their colleagues

96% said the simulation was based on scenarios relevant to them and their clients

94% said the simulation was likely to help them help clients with substance use

97% said the simulation was easy to use and well-constructed

Fig. 5: PARTICIPANT FEEDBACK

"I liked the interactive style; the ability to hear the client's thoughts."

"I learned a great deal from the guided interventions and menu that I could select to deliver my intervention."

"I liked the remainders of the brief intervention models, while I was selecting the different questions to be asked. I also like the affirmation when I did something right, and the suggestions that implied I did something wrong."

"I liked that the adolescent responses were up to date and relatable to my experiences with adolescents."

"I could see how the material I recently learned could be put into practice."

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