



1) Introduce self and build rapport

2) Assess current behavior(s) and progress

3) Discuss public health guideline(s) in relation to current behavior(s)

4) Examine motivation and self-efficacy for behavior change

a) Assess importance and confidence with ruler

b) Ask "Why did you not choose a lower number?"

c) Ask "Why did you not choose a higher number?"

d) Ask "What would it take for you to reach a higher number?"

Use values clarification strategy*

5) Assess readiness to change

Ready

Not ready

a) Brainstorm possible actions

b) Facilitate commitment and goal setting

c) Explore barriers or concerns and brainstorm solutions

a) Explore lack of interest or ambivalence

b) Encourage thinking about behavior change

6) Summarize interview and ask for feedback on summary

7) Announce next call and close session