

Exploring medical residents' likelihood to perform screening, brief intervention, and referral to treatment (SBIRT) behaviours 30 days after a face-to-face SBIRT training

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Introduction: Approximately 131.3 million Americans were current alcohol users in 2010, and an estimated 17.9 million Americans have an alcohol use disorder, 89% of whom are unaware of their condition. As part of the integration of medical primary care and behavioural health services, screening, brief intervention, and referral to treatment (SBIRT) services for alcohol and other drugs have been recommended for integration within community health centres, hospitals, and other venues of primary care. SBIRT and Motivational Interviewing (MI), a conversational intervention delivery technique, are highly efficacious means of reducing alcohol consumption and at risk drinking, providing cost-effective treatment, and improving general mental health.

Background: Since 2003, the Substance Abuse and Mental Health Services Administration has provided funding to 17 medical residency programs in the United States to train medical residents in SBIRT/MI techniques. This study uses data from the Indiana University School of Medicine's SBIRT in Medical Residency program to examine the factors associated with decreases in self-reported intentions to perform desired SBIRT behaviours 30 days following a face-to-face SBIRT/MI training.

Main findings: The most significant finding in this study is that non-white physicians are more likely than white physicians to report a lower likelihood of performing desired SBIRT behaviours 30 days following a face-to-face training relative to baseline data collected at the time of training. Context for the findings: Our findings may suggest that current mechanisms of SBIRT/MI training do not sufficiently attend to non-white physicians' normative perceptions of preventive techniques, such as screening tools, in primary care. Recommendations for modifications of SBIRT/MI training sessions are provided, and directions for further study are proposed.