

Health Behaviour Change Self-Assessment Survey

The promotion of health and healthier living is an important part of a health professional's role. These conversations can be challenging. Health Behaviour Change (HBC) training provides some techniques/tools to help facilitate these conversations. This self-assessment asks questions about how you are currently using HBC in your practice. Your results are confidential. The survey should help you identify where you are at and what further support you may need. Summary results will help the HBC Steering Committee understand what further resources might be developed to support integration of HBC skills into clinical practice.

This survey should take about 5 minutes to complete.

Question Title

1. How comfortable are you in using Health Behaviour Change Techniques?

- Not at all comfortable
- Not very comfortable
- Somewhat comfortable
- Very comfortable

Question Title

2. How successful are you at identifying the Stages of Change?

- Not at all successful
- Not very successful
- Somewhat successful
- Very successful

Question Title

3. Have you used Readiness Scaling Questions to determine a person's stage of change?

- Never
- Sometimes
- Usually
- Always

Question Title

4. How frequently have you used open ended questions in your interactions with people who access services?

- Never
- Sometimes

- Usually
- Always

Question Title

5. Have you used the Decisional Balance Chart?

- Never
- Sometimes
- Usually
- Always

Accurate empathy is a complex clinical skill that can be continually strengthened and deepened with practice. Skillful empathic listening includes an accurate reflection of what an individual has said as well as what s/he is experiencing but has not yet verbalized. You were introduced to several types of reflections to help you express accurate empathy.

6. How frequently have you used the following types of reflections in your interactions with people who access services?

Question Title

a. Repeating what the person said

- Never
- Sometimes
- Usually
- Always

Question Title

b. Rephrasing what the person said in slightly different words

- Never
- Sometimes
- Usually
- Always

Question Title

c. Paraphrasing what the person said using different words, inferring meaning

- Never
- Sometimes
- Usually

- Always

Question Title

d. Reflection of feeling

- Never
- Sometimes
- Usually
- Always

Question Title

e. Double sided reflection (on the one hand....yet on the other hand...)

- Never
- Sometimes
- Usually
- Always

Question Title

7. The ‘Spirit of Motivational Interviewing’ includes a shift in health care provider perspective to the individual being at the center of care. In person centered care the individual is no longer viewed as having deficits (lacking insight, knowledge and skills), rather is viewed as a partner. This means that the traditional approach of being an “expert” is not the best approach when supporting health behavior change. How successful are you at avoiding the “expert stance”?

- Not at all successful
- Not very successful
- Somewhat successful
- Very successful

Question Title

8. Change talk is a precursor to the commitment to change. How frequently have you identified change talk (DARN-CAT) with people who access services?

- Never
- Sometimes
- Usually
- Always

Question Title

9. Rate your overall success with using the Health Behaviour Change Techniques.

- Not at all successful
- Not very successful

- Somewhat successful
- Very successful

Question Title

10. Have you used the techniques of Health Behaviour Change to manage your caseload and to make clinical treatment decisions?

- Never
- Sometimes
- Usually
- Always



Please describe:

Question Title

11. Identify an HBC skill that you will focus on next in your practice.

- Identifying change talk
- Reflective listening
- Asking open ended questions
- Using scaling questions

Question Title

12. Thinking about your experience with practicing HBC, and thinking about your answers to the above questions, what else do you need to enhance your use of HBC techniques?

- Repeat the HBC in-person workshop for more practice
- Review the HBC LMS module
- Practice HBC skills on my own or with a colleague
- Approach a colleague to mentor me
- Work with my team to integrate HBC language into case conferences
- Work with my team to integrate HBC language into documentation
- Look into advanced training opportunities or web-based resources listed on WRHA HBC webpage
- Approach my manager for HBC support or skill development opportunities
- Other (please specify)



Question Title

13. What site are you primarily located at?

- Churchill Health Centre
- Concordia Hospital
- Deer Lodge Centre
- Golden West Centennial Lodge
- Grace Hospital/Winnipeg West Integrated Health and Social Services
- Health Sciences Centre
- Manitoba Adolescent Treatment Centre (MATC)
- Middlechurch PCH
- Misericordia Health Centre
- Pan Am Clinic
- River Park Gardens
- Riverview Health Centre
- Seven Oaks General Hospital / Wellness Institute / Kildonan Medical Centre
- South Winnipeg Integrated Health and Social Services SWIHSS (VGH, Fort Garry, River Heights)
- St. Amant
- St. Boniface General Hospital
- WRHA Corporate
- WRHA Community

Question Title

14. If you selected WRHA Community as your primary site, please select which area is your primary location (if this does not apply to you, please skip this question):

- Access Winnipeg West
- Centralized Services
- Downtown
- Inkster
- Point Douglas
- River East
- Seven Oaks
- St. Boniface
- St. Vital
- Access Fort Garry
- Transcona