

SUPPLEMENT

<p>Brief Intervention (BI) BI is a set of intervention components usually implemented in a primary care setting to initiate change in an unhealthy behavior or reduce a disease risk factor e.g., smoking, alcohol misuse, and obesity.</p> <p>In this worksheet, unhealthy behavior refers to the substance use or risk factor being targeted by the intervention.</p>	
<p>What unhealthy behavior does your intervention hope to address? <i>Select all that apply</i></p>	
<p><input type="radio"/> Alcohol use</p>	<p><input type="radio"/> Smoking <input type="radio"/> Obesity</p>
<p><input type="radio"/> Other (please specify) _____</p>	
<p><i>For each unhealthy behavior selected, please complete the following questions:</i></p>	
<p>Unhealthy behavior Alcohol use</p>	
<p>What is the definition you are using to identify and describe this unhealthy behavior?</p>	
<p>What resource(s) did you use to help you develop this definition?</p>	
<p><i>For the <u>assessment</u> component</i></p>	
<p>What are the questions that are used to identify the unhealthy behavior?</p>	
<p>Why did you choose this process for asking the assessment questions?</p>	
<p>What resource(s) were used to help develop these questions?</p>	
<p><i>The following questions are meant to describe the methods and process by which the assessment questions are administered.</i></p>	
<p>Who is responsible for asking the assessment questions?</p>	

What steps does this person follow when asking the assessment questions?	
Who are the assessment questions directed to?	
How do you decide when to use the assessment questions?	
How is the assessment conducted? (e.g. face-to-face, by telephone, etc.)	
How many questions are included in this assessment?	
How much time does the individual spend asking these assessment questions?	

<i>For the <u>brief intervention</u> component</i>	
What is the intervention being used to address this specific unhealthy behavior?	
Why did you choose this specific intervention?	
What resource(s) were used to identify this intervention?	
<i>The following questions are meant to describe the methods and process by which the brief intervention is delivered.</i>	
Who is responsible for giving the intervention?	
What steps does this person follow to deliver the intervention?	
What is the intended target of the intervention? i.e. does the intervention target the individual, the community, or other defined group?	
How is the intervention conducted? (e.g. face-to-face, by telephone, etc.)	
What is the dosage of the intervention? <i>Depending on the intervention, please specify the amount, the frequency and/or intensity).</i>	
How much time does the individual spend asking these assessment questions?	
<i>The following questions are meant to describe any pilot-testing, implementation process, and/or evaluation plan for this particular BI.</i>	
Please describe the pilot testing plan, if any.	

If additional implementation plan(s) are to be used that were not previously described, please describe them here. <i>Note, please include details of how the team became aware of this particular problem, identified and prepared the appropriate intervention, and chose to implement it. Also, please use the components described in Figure 1 to guide your description of the context.</i>	
Is there a quality improvement plan included for this BI? If yes, please describe.	
Is there an evaluation plan prepared for this BI? If yes, please describe.	
What is the current status of the intervention? <i>Please include details regarding current coverage (number of providers using this BI or target population receiving the BI) and quality of implementation of the BI.</i>	
Is there a plan for scale-up? If yes, please describe.	

<i>The following questions are meant to document the rationale and evidence used to select the BI and its implementation strategies.</i>	
Please describe the current burden of the substance use or health behavior being targeted (e.g. prevalence of excessive alcohol drinking). <i>Note, if possible, please include detailed estimates at the subnational level, and/or comparisons with neighboring states and global averages.</i>	
Please describe the evidence available for this particular BI and implementation strategies within the country. <i>Note, this includes details such as setting, population studied, and effective size.</i>	
If not previously mentioned, please list the data sources used for tracking implementation of the BI and its impact.	

Unhealthy behavior Smoking
What is the definition you are using to identify and describe this unhealthy behavior?
What resource(s) did you use to help you develop this definition?
<i>For the assessment component</i>
What are the questions that are used to identify the unhealthy behavior?

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Why did you choose this process for asking the assessment questions?	
What resource(s) were used to help develop these questions?	
<i>The following questions are meant to describe the methods and process by which the assessment questions are administered.</i>	
Who is responsible for asking the assessment questions?	
What steps does this person follow when asking the assessment questions?	
Who are the assessment questions directed to?	
How do you decide when to use the assessment questions?	
How is the assessment conducted? (e.g. face-to-face, by telephone, etc.)	
How many questions are included in this assessment?	
How much time does the individual spend asking these assessment questions?	

<i>For the brief intervention component</i>	
What is the intervention being used to address this specific unhealthy behavior?	
Why did you choose this specific intervention?	
What resource(s) were used to identify this intervention?	
<i>The following questions are meant to describe the methods and process by which the brief intervention is delivered.</i>	
Who is responsible for giving the intervention?	
What steps does this person follow to deliver the intervention?	

What is the intended target of the intervention? i.e. does the intervention target the individual, the community, or other defined group?	
How is the intervention conducted? (e.g. face-to-face, by telephone, etc.)	
What is the dosage of the intervention? <i>Depending on the intervention, please specify the amount, the frequency and/or intensity).</i>	
How much time does the individual spend asking these assessment questions?	
<i>The following questions are meant to describe any pilot-testing, implementation process, and/or evaluation plan for this particular BI.</i>	
Please describe the pilot testing plan, if any.	
If additional implementation plan(s) are to be used that were not previously described, please describe them here.	
Is there a quality improvement plan included for this BI? If yes, please describe.	
Is there an evaluation plan prepared for this BI? If yes, please describe.	
What is the current status of the intervention? <i>Please include details regarding current coverage (number of providers using this BI or target population receiving the BI) and quality of implementation of the BI.</i>	
Is there a plan for scale-up? If yes, please describe.	
<i>The following questions are meant to document the rationale and evidence used to select the BI and its implementation strategies.</i>	
Please describe the current burden of the substance use or health behavior being targeted (e.g. prevalence of smoking among youth). <i>Note, if possible, please include detailed estimates at the subnational level, and/or comparisons with neighboring states and global averages.</i>	
Please describe the evidence available for this particular BI and implementation strategies within the country. <i>Note, this</i>	

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<i>includes details such as setting, population studied, and effective size.</i>	
If not previously mentioned, please list the data sources used for tracking implementation of the BI and its impact.	

Unhealthy behavior Obesity	
What is the definition you are using to identify and describe this unhealthy behavior?	
What resource(s) did you use to help you develop this definition?	
<i>For the assessment component</i>	
What are the questions that are used to identify the unhealthy behavior?	
Why did you choose this process for asking the assessment questions?	
What resource(s) were used to help develop these questions?	
<i>The following questions are meant to describe the methods and process by which the assessment questions are administered.</i>	
Who is responsible for asking the assessment questions?	
What steps does this person follow when asking the assessment questions?	
Who are the assessment questions directed to?	
How do you decide when to use the assessment questions?	
How is the assessment conducted? (e.g. face-to-face, by telephone, etc.)	
How many questions are included in this assessment?	
How much time does the individual spend asking these assessment questions?	

*For the **brief intervention** component*

What is the intervention being used to address this specific unhealthy behavior?	
Why did you choose this specific intervention?	
What resource(s) were used to identify this intervention?	
<i>The following questions are meant to describe the methods and process by which the brief intervention is delivered.</i>	
Who is responsible for giving the intervention?	
What steps does this person follow to deliver the intervention?	
What is the intended target of the intervention? i.e. does the intervention target the individual, the community, or other defined group?	
How is the intervention conducted? (e.g. face-to-face, by telephone, etc.)	
What is the dosage of the intervention? <i>Depending on the intervention, please specify the amount, the frequency and/or intensity).</i>	
How much time does the individual spend asking these assessment questions?	
<i>The following questions are meant to describe any pilot-testing, implementation process, and/or evaluation plan for this particular BI.</i>	
Please describe the pilot testing plan, if any.	
If additional implementation plan(s) are to be used that were not previously described, please describe them here.	
Is there a quality improvement plan included for this BI? If yes, please describe.	
Is there an evaluation plan prepared for this BI? If yes, please describe.	

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What is the current status of the intervention? <i>Please include details regarding current coverage (number of providers using this BI or target population receiving the BI) and quality of implementation of the BI.</i>	
Is there a plan for scale-up? If yes, please describe.	
<i>The following questions are meant to document the rationale and evidence used to select the BI and its implementation strategies.</i>	
Please describe the current burden of the substance use or health behavior being targeted (e.g. prevalence of obesity). <i>Note, if possible, please include detailed estimates at the subnational level, and/or comparisons with neighboring states and global averages.</i>	
Please describe the evidence available for this particular BI and implementation strategies within the country. <i>Note, this includes details such as setting, population studied, and effective size.</i>	
If not previously mentioned, please list the data sources used for tracking implementation of the BI and its impact.	

Unhealthy behavior Other: _____
What is the definition you are using to identify and describe this unhealthy behavior?
What resource(s) did you use to help you develop this definition?
<i>For the assessment component</i>
What are the questions that are used to identify the unhealthy behavior?
Why did you choose this process for asking the assessment questions?

What resource(s) were used to help develop these questions?	
<i>The following questions are meant to describe the methods and process by which the assessment questions are administered.</i>	
Who is responsible for asking the assessment questions?	
What steps does this person follow when asking the assessment questions?	
Who are the assessment questions directed to?	
How do you decide when to use the assessment questions?	
How is the assessment conducted? (e.g. face-to-face, by telephone, etc.)	
How many questions are included in this assessment?	
How much time does the individual spend asking these assessment questions?	

<i>For the brief intervention component</i>	
What is the intervention being used to address this specific unhealthy behavior?	
Why did you choose this specific intervention?	
What resource(s) were used to identify this intervention?	
<i>The following questions are meant to describe the methods and process by which the brief intervention is delivered.</i>	
Who is responsible for giving the intervention?	
What steps does this person follow to deliver the intervention?	
What is the intended target of the intervention? i.e. does the intervention target the individual, the community, or other defined group?	
How is the intervention conducted? (e.g. face-to-face, by telephone, etc.)	

What is the dosage of the intervention? <i>Depending on the intervention, please specify the amount, the frequency and/or intensity).</i>	
How much time does the individual spend asking these assessment questions?	
<i>The following questions are meant to describe any pilot-testing, implementation process, and/or evaluation plan for this particular BI.</i>	
Please describe the pilot testing plan, if any.	
If additional implementation plan(s) are to be used that were not previously described, please describe them here.	
Is there a quality improvement plan included for this BI? If yes, please describe.	
Is there an evaluation plan prepared for this BI? If yes, please describe.	
What is the current status of the intervention? <i>Please include details regarding current coverage (number of providers using this BI or target population receiving the BI) and quality of implementation of the BI.</i>	
Is there a plan for scale-up? If yes, please describe.	
<i>The following questions are meant to document the rationale and evidence used to select the BI and its implementation strategies.</i>	
Please describe the current burden of the substance use or health behavior being targeted. <i>Note, if possible, please include detailed estimates at the subnational level, and/or comparisons with neighboring states and global averages.</i>	
Please describe the evidence available for this particular BI and implementation strategies within the country. <i>Note, this includes details such as setting, population studied, and effective size.</i>	
If not previously mentioned, please list the data sources used for tracking implementation of the BI and its impact.	

Brief Intervention (BI) Implementation Strategies

Implementation strategies are the methods or techniques applied to facilitate the successful implementation of BI, including social support and incentives to ensure that the intervention and patient referral are completed, and that personal accountability is established.

In this worksheet, **unhealthy behavior** refers to the substance use or risk factor being targeted by the intervention.

What unhealthy behavior does your intervention hope to address? *Select all that apply*

<input type="radio"/> Alcohol use	<input type="radio"/> Smoking	<input type="radio"/> Obesity
<input type="radio"/> Other (please specify) _____		
For each intervention, selected, please complete the following questions:		

Intervention component / method of focus Alcohol use	
In general terms please describe the intervention component and/or intervention method of focus.	
Please describe the implementation strategy for the specified intervention component / method of focus, using the following prompts. <i>Note: Please refer to the list of strategies available at the end of this document to guide you. If the particular strategy being used is not included in the list, please describe it in your own terms.</i>	
What is the name of the strategy or strategies for implementing this intervention?	
Provide a general description of this strategy or strategies.	
Who is responsible for delivery this strategy?	
What steps or processes are being followed to implement the strategy?	
What is the target of the strategy? What is the unit of analysis?	
When is the strategy being used or applied? Is there a specific order or sequence being followed?	
What is the dosage of the strategy (amount, frequency, intensity)?	
What is the implementation outcome (from the Proctor et al. framework) being targeted?	
What is the rationale for choosing this strategy? Why choose this strategy?	
Where is the strategy meant to operate? <i>E.g. at the individual level, the healthcare provider level, the healthcare facility level, the community level, the policy level, other?</i>	
What led you to decide on this strategy? <i>E.g. what is the justification for using this strategy to address this intervention component?</i>	
Training Alcohol use intervention and implementation strategy	
In general terms please describe the plan for orienting and training the implementing team on the <u>intervention</u> .	

In general terms, please describe the plan for orienting and training the team on the <u>strategy for implementing</u> the intervention.	
Please describe the training on this intervention component, using the following prompts.	
<i>Confidence/Self-Efficacy.</i> How are you ensuring that team members are confident in the intervention and the information that they have about the intervention?	
<i>Style.</i> What characteristics make for the ideal delivery of the intervention by a team member? <i>E.g. Empathy, good listening skills</i>	
<i>Content.</i> What are the materials that will be provided to the implementation team for delivering and documenting the intervention?	
<i>Practice.</i> How will team members practice delivering this intervention?	

Intervention component / method of focus Smoking	
In general terms please describe the intervention component and/or intervention method of focus.	
Please describe the implementation strategy for the specified intervention component / method of focus, using the following prompts. <i>Note: Please refer to the list of strategies available at the end of this document to guide you. If the particular strategy being used is not included in the list, please describe it in your own terms.</i>	
What is the name of the strategy or strategies for implementing this intervention?	
Provide a general description of this strategy or strategies.	
Who is responsible for delivery this strategy?	
What steps or processes are being followed to implement the strategy?	
What is the target of the strategy? What is the unit of analysis?	
When is the strategy being used or applied? Is there a specific order or sequence being followed?	
What is the dosage of the strategy (amount, frequency, intensity)?	
What is the implementation outcome (from the Proctor et al. framework) being targeted?	
What is the rationale for choosing this strategy? Why choose this strategy?	

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Where is the strategy meant to operate? <i>E.g. at the individual level, the healthcare provider level, the healthcare facility level, the community level, the policy level, other?</i>	
What led you to decide on this strategy? <i>E.g. what is the justification for using this strategy to address this intervention component?</i>	
Training Smoking intervention and implementation strategy	
In general terms please describe the plan for orienting and training the implementing team on the intervention.	
In general terms, please describe the plan for orienting and training the team on the <u>strategy for implementing</u> the intervention.	
Please describe the training on this intervention component, using the following prompts.	
<i>Confidence/Self-Efficacy.</i> How are you ensuring that team members are confident in the intervention and the information that they have about the intervention?	
<i>Style.</i> What characteristics make for the ideal delivery of the intervention by a team member? <i>E.g. Empathy, good listening skills</i>	
<i>Content.</i> What are the materials that will be provided to the implementation team for delivering and documenting the intervention?	
<i>Practice.</i> How will team members practice delivering this intervention?	

Intervention component / method of focus Obesity	
In general terms please describe the intervention component and/or intervention method of focus.	
Please describe the implementation strategy for the specified intervention component / method of focus, using the following prompts. <i>Note: Please refer to the list of strategies available at the end of this document to guide you. If the particular strategy being used is not included in the list, please describe it in your own terms.</i>	
What is the name of the strategy or strategies for implementing this intervention?	
Provide a general description of this strategy or strategies.	
Who is responsible for delivery this strategy?	

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What steps or processes are being followed to implement the strategy?	
What is the target of the strategy? What is the unit of analysis?	
When is the strategy being used or applied? Is there a specific order or sequence being followed?	
What is the dosage of the strategy (amount, frequency, intensity)?	
What is the implementation outcome (from the Proctor et al. framework) being targeted?	
What is the rationale for choosing this strategy? Why choose this strategy?	
Where is the strategy meant to operate? <i>E.g. at the individual level, the healthcare provider level, the healthcare facility level, the community level, the policy level, other?</i>	
What led you to decide on this strategy? <i>E.g. what is the justification for using this strategy to address this intervention component?</i>	
Training Obesity intervention and implementation strategy	
In general terms please describe the plan for orienting and training the implementing team on the <u>intervention</u> .	
In general terms, please describe the plan for orienting and training the team on the <u>strategy for implementing</u> the intervention.	
Please describe the training on this intervention component, using the following prompts.	
<i>Confidence/Self-Efficacy.</i> How are you ensuring that team members are confident in the intervention and the information that they have about the intervention?	
<i>Style.</i> What characteristics make for the ideal delivery of the intervention by a team member? <i>E.g. Empathy, good listening skills</i>	
<i>Content.</i> What are the materials that will be provided to the implementation team for delivering and documenting the intervention?	
<i>Practice.</i> How will team members practice delivering this intervention?	

Intervention component / method of focus Other: _____
In general terms please describe the intervention component and/or intervention method of focus.

Please describe the implementation strategy for the specified intervention component / method of focus, using the following prompts. <i>Note: Please refer to the list of strategies available at the end of this document to guide you. If the particular strategy being used is not included in the list, please describe it in your own terms.</i>	
What is the name of the strategy or strategies for implementing this intervention?	
Provide a general description of this strategy or strategies.	
Who is responsible for delivery this strategy?	
What steps or processes are being followed to implement the strategy?	
What is the target of the strategy? What is the unit of analysis?	
When is the strategy being used or applied? Is there a specific order or sequence being followed?	
What is the dosage of the strategy (amount, frequency, intensity)?	
What is the implementation outcome (from the Proctor et al. framework) being targeted?	
What is the rationale for choosing this strategy? Why choose this strategy?	
Where is the strategy meant to operate? <i>E.g. at the individual level, the healthcare provider level, the healthcare facility level, the community level, the policy level, other?</i>	
What led you to decide on this strategy? <i>E.g. what is the justification for using this strategy to address this intervention component?</i>	
Training Other: _____ intervention and implementation strategy	
In general terms please describe the plan for orienting and training the implementing team on the <u>intervention</u> .	
In general terms, please describe the plan for orienting and training the team on the <u>strategy for implementing</u> the intervention.	
Please describe the training on this intervention component, using the following prompts.	
<i>Confidence/Self-Efficacy.</i> How are you ensuring that team members are confident in the intervention and the information that they have about the intervention?	

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<i>Style.</i> What characteristics make for the ideal delivery of the intervention by a team member? <i>E.g. Empathy, good listening skills</i>	
<i>Content.</i> What are the materials that will be provided to the implementation team for delivering and documenting the intervention?	
<i>Practice.</i> How will team members practice delivering this intervention?	