

**TABLE 4.1. Personalized Feedback Materials Given to Clients during Sessions 1–4**

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- *Timeline Followback (TLFB)*: The information collected on the Timeline Followback (Agrawal et al., 2008; L. C. Sobell & Sobell, 2003) is used to provide personalized feedback to clients in Session 1 about their alcohol use (*Client Handout 4.1. Personalized Feedback: Where Does Your Alcohol Use Fit In?* Individual and Group Session 1) or drug use prior to treatment (*Client Handout 4.2. Personalized Feedback: Where Does Your Drug Use Fit In?* Individual and Group Session 1). This feedback is used to raise clients' awareness of their alcohol or drug use in relation to national norms. Besides collecting substance use information for each client prior to treatment, data on alcohol and drug use over the course of treatment are collected on the self-monitoring logs (*Client Handouts 3.2 and 3.3*). This information is transferred to a TLFB form, and at the end of treatment a personalized feedback profile is produced of clients' changes from pretreatment to Session 4 in their alcohol use (*Client Handout 4.3. Example of Personalized Alcohol Use Feedback Pretreatment to Session 4: Individual and Group Session 4*) or drug use (*Client Handout 4.4. Example of Personalized Drug Use Feedback Pretreatment to Session 4: Individual and Group Session 4*).
  - *Alcohol Use Disorders Identification Test (AUDIT)*: Clients' responses to the 10-item version of the AUDIT questionnaire (Gavin et al., 1989; Skinner, 1982) are scored according to the template in Appendix A. In Session 1, based on their answers to the AUDIT, clients with alcohol problems are provided personalized feedback in a motivational interviewing manner that reflects the seriousness of their alcohol problems over the preceding year (*Client Handout 4.1. Personalized Feedback: Where Does Your Alcohol Use Fit In?* Individual and Group Session 1).
  - *Drug Abuse Screening Test (DAST-10)*: Clients' responses to the 10-item version of the DAST questionnaire (Gavin et al., 1989; Skinner, 1982) are scored using the template in Appendix B. In Session 1, based on their DAST-10 answers, clients with drug problems are provided personalized feedback in a motivational interviewing manner that reflects the seriousness of their drug problems over the preceding year (*Client Handout 4.2. Personalize Feedback: Where Does Your Drug Use Fit In?* Individual and Group Session 1).
  - *Brief Situational Confidence Questionnaire (BSCQ)*: The BSCQ (Breslin et al., 2000), a state measure of a client's confidence or self-efficacy to resist drinking heavily or using drugs, is used to identify and highlight clients' three highest risk situations (i.e., where they are least confident to resist the urge to drink heavily or use drugs). This chapter contains two examples of the BSCQ feedback given to clients. The first, based on the BSCQ administered at the assessment session, is given to clients in Session 2 (*Client Handout 4.7. Sample BSCQ Alcohol or Drug Use Profile at Assessment: Individual and Group Session 2*). As part of Session 2, this first BSCQ profile is compared with what the clients listed as their two high-risk triggers in the exercise on identifying triggers (*Client Handout 4.6. Individual and Group Session 2*). The three highest risk triggers on the client's BSCQ profile are classified into one of six different BSCQ profiles (see Table 4.2, BSCQ: Eight Categories of High-Risk Situations and Shorthand Names of Profiles). Figure 4.2 contains sample profiles of the six different BSCQ profiles (e.g., good times, testing control). These profile names, intended to capture the three individual high-risk triggers on the BSCQ, also typically reflect the two high-risk situations described in the triggers exercise (M. B. Sobell & Sobell, 1993a). Whereas the BSCQ triggers are generic in nature, the two triggers identified by clients are related to actual situations they have experienced over the previous year. Clients are told that the names of the BSCQ profiles (e.g., *negative affect, good times*; Table 4.2) are intended to provide them with a shorthand label for easier recognition of triggers that they may encounter. At Session 4, clients are provided with feedback based on the BSCQ again. This time the feedback is comparative and uses the client's BSCQ answers at the assessment and Session 3 (*Client Handout 4.9. Sample Comparative BSCQ Alcohol or Drug Use Profiles from the Assessment and Session 3: Individual and Group Session 4*).
  - *Readings and Homework Assignments*: The readings and related homework assignments are intended to augment the treatment in terms of saving time, enhancing the continuity of treatment over sessions, and encouraging clients to take responsibility for implementing changes outside of the treatment sessions. The exercises used in the GSC treatment model include:
    - **Homework for Session 1: Exercise 1 Decisional Balance Exercise** (Client Handout 3.1)
    - **Homework for Session 2: Reading on Identifying Triggers** (Client Handout 4.5)
    - **Homework for Session 2: Exercise on Identifying Triggers** (Client Handout 4.6)
    - **Homework for Session 3: Exercise on Developing New Options and Action Plans** (Client Handout 4.8)
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