

COM-B Self-Evaluation Questionnaire (COM-B-Qv1)

When it comes to you personally providing a brief intervention that targets alcohol reduction or cessation to patients during pre-assessment, what do you think is needed for you to do it?

Please circle any of the items on the list that you think apply to you. You can circle as many or as few as you think appropriate. Some of the items may look strange, but that is just because we need to cover all areas – some which may not apply to you.

For each item you circle could you also say why you think it might be important for you in the free text box provided beneath.

I would have to....

Capability

1. Know more about why it was important e.g. have a better understanding of the benefits of providing a brief intervention targeting alcohol reduction and cessation prior to surgery to my patients.
2. Know more about how to do it e.g. have a better understanding of how to effectively deliver a brief intervention targeting alcohol reduction and cessation to my patients.
3. Have better physical skills e.g. acquire/develop new skills to effectively deliver a brief intervention targeting alcohol reduction and cessation to my patients.
4. Have better mental skills e.g. learn how to reduce the likelihood that patients go off on tangents during discussions about alcohol reduction or cessation
5. Overcome physical limitations e.g. proceed to deliver a brief intervention targeting alcohol reduction and cessation effectively to patients when feeling tired.

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| 6. | Overcome mental obstacles | e.g. overcome the urge to avoid delivering the intervention to a patient who has previously been resistant to changing their alcohol consumption. |
| 7. | Have more physical stamina | e.g. develop greater capacity to maintain physical effort, particularly following delivery of an intervention to a challenging patient. |
| 8. | Have more mental stamina | e.g. increase mental capacity to discuss alcohol reduction and cessation with patients, particularly following delivery of an intervention to a challenging patient. |

I would have to....

Opportunity

- | | | |
|-----|--|---|
| 9. | Have more time to do it | e.g. dedicate time to provide an intervention to patients targeting alcohol reduction or cessation. |
| 10. | Have the necessary materials | e.g. have materials available to me to help target alcohol consumption or cessation in my patients |
| 11. | Have colleagues around me doing the same thing | e.g. be part of a group of colleagues who are also providing the intervention to patients. |
| 12. | Have triggers to prompt me | e.g. have reminders at strategic times to prompt me to use specific parts of the intervention. |
| 13. | Have support from others | e.g. have colleagues/supervisors supporting me to provide the intervention. |

I would have to....

Motivation

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| 14. | Feel that I want to do it enough | e.g. feel a sense of pleasure or satisfaction from using/providing the intervention to patients to target alcohol reduction or cessation. |
| 15. | Feel that I need to do it enough | e.g. care more about the negative consequences of not providing the intervention to target alcohol reduction or cessation. |
| 16. | Believe that it would be a good thing | e.g. have a strong sense that I should provide the intervention. |
| 17. | Develop better plans for doing it | e.g. have clearer and well-developed plans for providing the intervention. |
| 18. | Develop a habit of doing it | e.g. getting into a pattern of providing the intervention without having to think too much about it. |
| 19. | Something else (please specify): | |

Thank you for taking the time to respond to this questionnaire.