IMPLEMENTATION AND EFFECTS OF BRIEF LIFESTYLE INTERVENTIONS IN THREE OUTPATIENT HOSPITAL SETTINGS

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Introduction

Smoking and excessive use of alcohol can cause or negatively influence several chronic diseases as various diseases of the liver, heart, vessels and respiratory system and thereby should be regarded as risk behaviors (1).

Medical specialists are in the unique position to promote patients’ health, since they frequently encounter patients at crucial moments, when responsiveness to preventive intervention is high (2). However, medical specialists often feel inadequate to act accordingly. A considerable workload; lack of time; knowledge or motivation; doubts about the effectiveness; and inadequate skills are the most important known barriers (2-4).

Brief interventions by general practitioners are effective in reducing risk behaviors among patients (5,6). Therefore, it is worthwhile to study the implementation and effects of brief interventions when applied by internists and other secondary care physicians.

This study compares the implementation and effects of a brief, individually tailored, behavioral feedback intervention for patients in three different outpatient clinics.

Questions

I. a. Is it possible to implement a brief behavioral feedback intervention conducted by the internist?
   b. By which factors is the implementation of the intervention influenced?

II. What are the results of this feedback intervention?

Participants
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References