

Appendix 2. Brief intervention protocol

1. Provide feedback

"How are you doing? I would like to inform you of the results of the alcohol screening test. The questionnaire that you have just answered is the widely used Alcohol Use Disorder Identification Test developed by the WHO, which is very useful for identifying patients with alcohol use disorder. Based on your test results, you are in the risk drinker group." After examining the response of the patient, please make one of the following statements: "Is this something you did not expect?" "Were you surprised?" or "Is this what you were concerned about?"

"People who drink the same amount of alcohol as you only account for 15% of the total human population. Can you tell me any diseases that are associated with drinking disorders?" (Please encourage the patients to express themselves.) "Alcohol use disorder is known to increase the risk of diseases including hypertension, gastrointestinal bleeding, sleep disorders, depression, hemorrhagic stroke, and cirrhosis as well as the risk for further health deterioration. Considering that excessive alcohol consumption can cause various kinds of problems, I am concerned about your current drinking patterns. What do you think about it?" (Please wait for the patient's response.)

"Then, what do you say about the test results showing that you are in the risk drinker group?"

2. Enhance motivation

What might be the advantage of drinking alcohol?

Then, what might be the disadvantage of drinking alcohol?

(Please keep asking questions until the patient runs out of opinions and listen to what they say!)

→ (Summarize the patient's comments for the patient as follows)

You think that drinking alcohol can be bad for you because _____.

Also, you think that drinking alcohol can be bad for you because _____.

Please make one of the following statements: "Then, what should you do from now on?" "What do you have to do from now on?" or "What do you think you have to do from now on?"

Let's say there is a scale of 0 to 10 points.

Please rate how ready you are to change your drinking habit?

If the patient says "6 points or higher" (for example, "6 points"):

"Why do you choose '6 points' instead of 3 or 4 points?"

Even if the patient says "5 points or lower," respond positively (for example, "3 points"):

"This means that you think you need to change it, because you choose '3 points' instead of '0'."

3. Advice

"You need to cut down on alcohol consumption. The commonly recommended alcohol consumption amount is three or fewer glasses for men and two or one glass for women in a session. Why don't you reduce alcohol consumption?" (Please encourage the patient to speak in detail, for instance, "_____ " cups for week or at one session.)

"First, how much can you reduce your alcohol consumption for this period?" (Please encourage the patient to speak in detail, for instance, two weeks or a month.)

"Here is a record of what you have told me today. This is the alcohol consumption reduction pledge, which emphasizes the drinking abstinence goal. What is important here is that you agree to the pledge by your own choice. I hope that you will do your best to achieve the goal and recommend that you write a diary to keep track of your alcohol consumption during the period that you decide not to drink."

If the patient's AUDIT score is 16 points or higher, you will say:

"Why don't you continue to participate in an alcohol abstinence program to reduce your alcohol consumption?" (Please help the patient sign the letter of consent.)

"As part of the interim checkup to assess how well a patient is following the pledge, we will call you (in one week, one month, and three months) to ask whether you maintained alcohol abstinence. Thank you for your time. I hope that you will achieve your alcohol reduction and abstinence goal."