



Division of Adolescent & Young Adult Medicine Retreat - 2018

Utilizing Innovative Technology to Support Improving AYA Health

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Research Program

- Psychologist with focus on preventive interventions integrated into primary care
- Increasing provider self-efficacy/clinic systems to increase delivery of care
- Evaluating whether provider/clinic system interventions result in behavior change in AYAs (with Irwin, Adams, Garber)
- Past decade – Focus on innovative technologies
 - iPad behavioral/health screening module (AHRQ) - Ozer, Jasik, Berna (updating - Mesheriakova & Buckelew)
 - Game based personalized behavior change system – alcohol prototype (NSF) – Ozer, Lester, Tebb, Jasik, Berna, Penilla, Giovanelli

Health e-Check

Progress

- 1. About you
- 2. Life Style
- 3. Behaviors
- 4. Emotions
- 5. Substances
- 6. Health Maintenance & Physical Activity
- 7. ACE
- 8. Finish Survey

Substances

✓ In the PAST YEAR, on how many days did you smoke cigarettes or use other tobacco products? (i.e. e-cigarettes, Juul, vape, pen, Black&Milds)?

days

✓ Have you ever used alcohol?

✓ Have you used alcohol in the past 12 months?

✓ During the past 12 months, on how many days did you drink more than a few sips of beer, wine, or any drink containing alcohol? (Enter '0' if none.)

days

✓ In the past 12 months, on how many days did you use any marijuana (pot, weed, hash, or in foods) or 'synthetic marijuana' (like 'K2' or 'Spice')? (Enter '0' if none.)

days

✓ In the past 12 months, on how many days did you use anything else to get high (like other illegal drugs,



Health e-Check Screening Report

Name: [REDACTED]	
Sex: Male	School Status: College Freshman
Gender Identity: Male	Grades: Not lower than last year
Lives with: Grandparent(s)	Work Status: Paying job
PHQ-9: Minimal depression	CRAFFT Substance Use: High Risk

	HEALTHY	RISKY
Clinician Prompts:	<ol style="list-style-type: none"> 1. Confirm 2. Reinforce healthy behavior 	<ol style="list-style-type: none"> 1. Confirm 2. Express concern 3. Deliver a brief message
Nutrition:	<ul style="list-style-type: none"> • Dairy ≥ 3 times per week. 	<ul style="list-style-type: none"> • >1 soda/day • Fast food > 2 times per week • Breakfast – not every day • Has dieted • Starved/vomited/pill use
Physical Activity:	<ul style="list-style-type: none"> • At least 30 minutes physical activity daily • Texts a little 	<ul style="list-style-type: none"> • > 2 hours screen time/day • > 5 hours online/day
Tobacco:	<ul style="list-style-type: none"> • No cigarettes 	<ul style="list-style-type: none"> • Lives with smokers
Substance Use:	<ul style="list-style-type: none"> • No marijuana. • Never ride in car with driver drinking/high 	<p>**See CRAFFT box below**</p> <ul style="list-style-type: none"> • Used alcohol past 12 months • Other drugs past 12 months
Sexual Health:	<ul style="list-style-type: none"> • Attracted to females • Never had STD • No partner STD • Never been/gotten pregnant • Never forced/pressured to have sex 	<ul style="list-style-type: none"> • Has had sex • Sex without condom
Emotional Health:	<ul style="list-style-type: none"> • Never intentionally hurt self • Peers care – Somewhat 	<ul style="list-style-type: none"> • Depressed – several days • Thought about killing self • No trusted person to talk
Safety:	<ul style="list-style-type: none"> • Seatbelt – always • No trouble with law 	<ul style="list-style-type: none"> • Carried weapon • Afraid/threatened/hurt at home, school, or other • Been bullied

Wants to talk to a doctor about: Want to see if I have asthma.

Test Results:	PHQ-9	CRAFFT
Score: Minimal depression	Score: High Risk (2/ 6)	
<ul style="list-style-type: none"> • Minimal depression 	<ul style="list-style-type: none"> • Alcohol/drugs to relax • Alcohol/drugs alone 	

Skipped question(s) in: About you

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INSPIRE

A Personalized Behavior Change System



<http://projects.intellimedia.ncsu.edu/inspire/>