



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

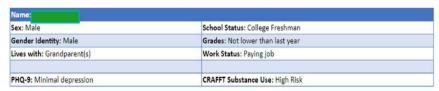




Health e-Check

Progress **Substances** 1. About you 2. Life Style ✓ In the PAST YEAR, on how many days did you smoke cigarettes or use other tobacco products? (i.e. e-3. Behaviors cigarettes, Juul, vape, pen, Black&Milds)? 4. Emotions 30 days 5. Substances 6. Health Maintenance & ✓ Have you ever used alcohol? Physical Activity No 7. ACE 8. Finish Survey ✓ Have you used alcohol in the past 12 months? Yes ✓ 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.) 10 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



	HEALTHY	RISKY
Clinician Prompts:	Confirm Reinforce healthy behavior	Confirm Express concern Deliver a brief message
Nutrition:	Dairy ≥ 3 times per week.	Stast food > 2 times per week Breakfast – not every day Has dieted Starved/vomited/pill use
Physical Activity:	At least 30 minutes physical activity daily Texts a little	> 2 hours screen time/day > 5 hours online/day
Tobacco:	No cigarettes	Lives with smokers
Substance Use:	No marijuana. Never ride in car with driver drinking/high	**See CRAFFT box below** • Used alcohol past 12 months • Other drugs past 12 months
Sexual Health:	Attracted to females Never had STD No partner STD Never been/gotten pregnant Never forced/pressured to have sex	Has had sex Sex without condom
Emotional Health:	Never intentionally hurt self Peers care – Somewhat	Depressed – several days Thought about killing self No trusted person to talk
Safety:	Seatbelt – always No trouble with law	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)
	Minimal depression	Alcohol/drugs to relax Alcohol/drugs alone

Skipped question(s) in: About you

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A Personalized Behavior Change System







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



