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 - Mesheriaikova & Buckelew)
  - Game based personalized behavior change system – alcohol prototype (NSF) – Ozer, Lester, Tebb, Jasik, Berna, Penilla, Giovanelli
# Health e-Check

## 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&Blacks)?**
  - 30 days

- **Have you ever used alcohol?**
  - Yes

- **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.)**
  - 2 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

<table>
<thead>
<tr>
<th>Name:</th>
<th>School Status: College Freshman</th>
</tr>
</thead>
<tbody>
<tr>
<td>Gender identity: Male</td>
<td>Grades: Not lower than last year</td>
</tr>
<tr>
<td>Lives with: Grandparent(s)</td>
<td>Work Status: Paying job</td>
</tr>
<tr>
<td>PHQ-9: Minimal depression</td>
<td>CRAFT Substance Use: High Risk</td>
</tr>
</tbody>
</table>

### Healthy

**Clinic Prompts:**
1. Confirm
2. Reinforce healthy behavior

**Nutrition:**
- Dairy ≥ 3 times per week.
- >1 soda/day
- Fast food > 3 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

**Sexual Health:**
- Attracted to females
- Never had STD
- No partner STD
- Never been/gotten pregnant
- Never forced/pressured to have sex

**Emotional Health:**
- Never intentionally hurt self
- Peers care – Somewhat

**Safety:**
- Seatbelt – always
- No trouble with law

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

### Risky

**Clinic Prompts:**
1. Confirm
2. Express concern
3. Deliver a brief message

**Nutrition:**
- >1 soda/day
- Fast food > 3 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
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### Test Results:

<table>
<thead>
<tr>
<th>PHQ-9</th>
<th>CRAFT</th>
</tr>
</thead>
<tbody>
<tr>
<td>Score: Minimal depression</td>
<td>Score: High Risk (2/6)</td>
</tr>
<tr>
<td>Minimal depression</td>
<td>Alcohol/drugs to relax</td>
</tr>
<tr>
<td>Alcohol/drugs alone</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Skipped question(s)</th>
<th>About you</th>
</tr>
</thead>
</table>

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