

Behaviour Change Counselling Index (BECCI)

BECCI is an instrument designed for trainers to score practitioners' use of Behaviour Change Counselling in consultations (either real or simulated). To use BECCI, circle a number on the scale attached to each item to indicate the degree to which the patient/practitioner has carried out the action described.

Before using BECCI, please consult the accompanying manual for a detailed explanation of how to score the items. As a guide while using the instrument, each number on the scale indicates that the action was carried out:

- 0. Not at all
- 1. Minimally
- 2. To some extent
- 3. A good deal
- 4. A great extent

The Topic: _____

Item	Score
1. Practitioner invites the patient to talk about behaviour change Not Applicable <input type="checkbox"/>	not at all a great extent 0 1 2 3 4
2. Practitioner demonstrates sensitivity to talking about other issues	not at all a great extent 0 1 2 3 4
3. Practitioner encourages patient to talk about current behaviour or status quo	not at all a great extent 0 1 2 3 4
4. Practitioner encourages patient to talk about change	not at all a great extent 0 1 2 3 4
5. Practitioner asks questions to elicit how patient thinks and feels about the topic	not at all a great extent 0 1 2 3 4
6. Practitioner uses empathic listening statements when the patient talks about the topic	not at all a great extent 0 1 2 3 4
7. Practitioner uses summaries to bring together what the patient says about the topic	not at all a great extent 0 1 2 3 4
8. Practitioner acknowledges challenges about behaviour change that the patient faces	not at all a great extent 0 1 2 3 4
9. When practitioner provides information, it is sensitive to patient concerns and understanding Not Applicable <input type="checkbox"/>	not at all a great extent 0 1 2 3 4
10. Practitioner actively conveys respect for patient choice about behaviour change	not at all a great extent 0 1 2 3 4
11. Practitioner and patient <i>exchange</i> ideas about <i>how</i> the patient could change current behaviour (<i>if applicable</i>) Not Applicable <input type="checkbox"/>	not at all a great extent 0 1 2 3 4

Practitioner BECCI Score: _____

Practitioner speaks for (approximately):-

More than half the time About half the time Less than half the time