

Interview 7: The Suspicious Smoker: Effective Brief Consultation
Interviewer: Stephen Rollnick, Ph.D.
Client: Barry
Context: Behavioral health care consultation
Time: 9 minutes
Focus: Smoking

			Code
1	I	Barry, thank you so much for coming up this morning.	
2	C	You're welcome. Thanks for having me.	
3	I	I can see that this couldn't have been easy for you.	
4	C	It took quite a bit of planning and effort to get here, but I'm here, so . .	
5	I	And I understand that you were referred from Dr. Ross, who's about to operate on you for a second time.	
6	C	Yes indeed.	
7	I	This is our first meeting. It will be brief, but I am here to see you again if that's what you so choose at the end of this or at any time in the future. And really, you know, I wanted to welcome you and offer you the opportunity just to tell me what you've been through, and how you're feeling about coming up here this morning.	
8	C	Well, to be honest, I'm not really quite certain why I'm here. I don't see the link between smoking and my surgery. I know I need a second procedure right now, so there are some thoughts that are going through my head about the whole situation that I might not be getting the whole story.	
9	I	Right. And so in that sense you're a little bit unsure why you're here, because you've been asked to come down here by Dr. Ross, yet you don't really understand what went actually wrong the first time round with the surgery.	
10	C	Exactly. Exactly. So that raises other questions.	
11	I	Which must make you feel to some extent a little bit resentful about what's quite going on here.	
12	C	A little bit. No offence to you, or what you do here. I believe there are people that need to quit smoking, you know, if it's hurting them. I don't think that's me, but I'm here to listen.	
13	I	Sure. OK, and could I ask you, you know, how you feel about your smoking.	
14	C	I enjoy it.	
15	I	I mean, you're here now, and we've got a few minutes, and I'm just wondering what would make the most sense to you as to how we spend our time. Cause that's what I'd like to know, is how you feel about your smoking, but	
16	C	Well, I do enjoy it. First off, I use it to relieve my stress. I use it in social situations. I use it when I feel lonely. I can go outside and it's always there for me. <i>I do know that it's probably in my best interest to quit.</i>	
17	I	Sure	
18	C	But I do also know you can get hit by a bus if you don't . . especially in Albuquerque.	

19	I	Sure. Sure. So you say that your smoking is something that you actually enjoy.	
20	C	To be honest, <i>it's putting a big dent in my pocket. It's an expensive habit.</i>	
21	I	So it costs you.	
22	C	<i>Oh, absolutely, not to mention, in the morning I cough. I have a really, really bad cough.</i>	
23	I	Right	
24	C	<i>So that concerns me.</i>	
25	I	Right. So there's something about your body feeling a bit challenged by this.	
26	C	Yeah. Well also my cardio fitness , you know, <i>it's affecting my game on the field, too, so yeah, I want to do well for my team.</i>	
27	I	What do you notice about the effect of smoking on your sport?	
28	C	<i>Well, I know that people are running around me all the time. (Laughs) and I can't keep up, and that's not a good feeling. It's not a good feeling at all.</i>	
29	I	Right. So you notice it on the rugby field.	
30	C	<i>Yes, I do. A big change since . .</i>	
31	I	Since how long?	
32	C	Well, it's been six years.	
33	I	Right.	
34	C	<i>And before that, when I was playing, I could run the full 80 minutes. Now I feign injury sometimes. Not this time. (laughs)</i>	
35	I	No, but because you feel so out of puff	
36	C	<i>Yes. Absolutely</i>	
37	I	And you've noticed the last few years that that's been increasing.	
38	C	<i>Yeah, I'm not on the select side any more.</i>	
39	I	Right. So you're starting to lose some of your fitness and you reckon that it might be linked to smoking.	
40	C	<i>It makes sense. It's smoking. Human beings, I don't believe are supposed to . .</i>	
41	I	Right. So there's stuff you get out of this, but on the other hand you notice the effect on your chest in the morning	
42	C	<i>Absolutely</i>	
43	I	And you notice it in the rest of your body when you try and exert yourself.	
44	C	<i>Yes, I do. I do.</i>	
45	I	Is there anything else about it that you're concerned about that you haven't mentioned.	
46	C	Well, there is a history of heart disease in my family.	
47	I	Right	
48	C	And, well, <i>scientists say that it's bad for your heart. I can see that.</i>	
49	I	And so there's a bit of a worry you have about what the condition of your heart might be.	
50	C	Yes, however, it's a subject I kind of avoid with my doctor.	
51	I	Right, and yet here you've had a doctor who's about to operate on you, and it's like you can see the connection, and he can see the connection.	
52	C	<i>Yeah, I don't want to be stupid. Being ignorant is one thing, but just being</i>	

		<i>stupid . .</i>	
53	I	Yeah. So you can sort of see the connection, but it's not necessarily something that's easy to talk about with a surgeon, or indeed in a situation like this.	
54	C	Yeah.	
55	I	I wonder where that leaves you now.	
56	C	Well, I'm here, so <i>obviously I do want to do something about it</i> . What that is right now I'm not sure. I know there are aids out there such as the patch. I've seen people wear the patch, and they swear by it. They're almost proud of it. "See. Here's my patch!"	
57	I	Yeah	
58	C	Nicotine gum. All of that good stuff.	
59	I	I was going to ask you about that. How much do you know about those kind of stop smoking aids?	
60	C	Not much. Not much. I've never really tried to approach quitting. I didn't see the need, but	
61	I	Right. I mean that would be a decision that you take for yourself, and I'm not suggesting you make that, but what is it you'd most like to know about stop smoking aids? I mean, is there any piece of that puzzle that I can help you with?	
62	C	If I were to choose one, I definitely want to know how the side effects are going to affect me.	
63	I	Right	
64	C	That's one thing I worry about with drugs that I see on TV, especially the new ones. The side effects are anything from sexual dysfunction to, you know, ulcers (laughs), so	
65	I	Right. If you're going to make a decision to stop smoking, you want to make sure that you get an aid that's going to suit you and that's not going to have side effects.	
66	C	Exactly. What's the point of quitting smoking if the thing that is helping you quit is messing you up. (laughs) so	
67	I	Perhaps I can just let you know that there is quite a range of these aids. Some of them you're quite right, like bupropion, that is a drug that can have side effects, and it doesn't contain any nicotine. OK. So that's one kind of aid. OK, but then there are others that contain nicotine like a patch or gum that really are devices for helping you tail off the withdrawal symptoms gently. So there's broadly those two kinds of aids, and the success rates of them are reasonably good, but it sounds like you're particularly concerned about a drug that might have side effects.	
68	C	That is my main concern. <i>If I could take something that could help me quit, I could probably embrace that as long as it didn't affect me adversely,</i> 'cause I have enough problems.	
69	I	Sure. So if you could avoid the side effects, you might even consider taking one of these supporting aids that didn't have side effects.	
70	C	<i>I might give it a chance</i> , and also cost is a factor as well, you know. If it's expensive to do then, well, I'm back where I started.	
71	I	Exactly	
72	C	<i>I mean, my health will get better</i> , but I still will be . .	

73	I	Exactly, because that was one of your concerns about the smoking.	
74	C	Absolutely	
75	I	So you might have to make some kind of financial sacrifice to quit smoking, and you're concerned about that.	
76	C	Sure, but in the long run I think, I know, I'm probably just trying to enable myself, but yeah, I guess that my number one concern would be just the side effects	
77	I	Right. OK let me see if I can just summarize what we've said so far, because we're going to be stopping the interview quite soon, OK?	
78	C	OK	
79	I	It's something that is important to you, and you definitely get benefits from it. On the other hand, you've noticed its effect on your cardiovascular health with a history of heart disease, and if you could find some kind of support aid that didn't have side effects and wasn't too expensive, you might be prepared to go for it.	
80	C	<i>I think I might be able to give that a try.</i>	
81	I	You might even give it a try.	
82	C	<i>Might even give it a try. Yeah. Maybe I'll make the select side again.</i>	