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

Practitioner BECCI Score: _____

Practitioner speaks for (approximately):-

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

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