

Contextual Interview

- **Love – Work – Play**
 - Living situation**
 - Relationship status & sex**
 - Family**
 - Friends**
 - Spiritual life**
 - Work**
 - Income**
 - Fun/hobbies**
- **Health Risk & Behaviors**
 - Caffeine**
 - Tobacco**
 - Alcohol**
 - Marijuana**
 - Street drugs**
 - Diet**
 - Exercise**
 - Sleep**
- **Time – Trigger – Trajectory of problem**
 - Onset of problem?**
 - Recent change, why now?**
 - Triggers?**
 - Things that make it better, worse?**
 - Effect on love – work – play?**

*adapted from Robinson, P., Gould, D., & Strosahl, K. (2010). *Real behavior change in primary care: Improving patient outcomes & increasing job satisfaction*. Oakland, CA: New Harbinger Publications, Inc.

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