

**REIN BRIEF INTEGRATIVE  
BIOPSYCHOSOCIAL SCREENING  
INSTRUMENT  
(R-BIBSI)**

**Answer the following before completing the R-BIBSI:**

1. What was your age on your last birthday? \_\_\_\_ Years
  
2. Which category best describes your ethnicity?  
 African-American or of African descent  
 Asian-American or of Asian descent  
 Hispanic-American or of Latin descent  
 Native American  
 Pacific Islander  
 Caucasian  
 Other \_\_\_\_\_
  
3. How do you identify your gender?  
 Female  
 Male  
 Other \_\_\_\_\_
  
4. Are you adopted?  
 Yes  
 No
  
5. If you answered “Yes” to question 4, do you have knowledge of your biological family?  
 Yes  
 No

**Proceed to complete the Brief Integrative Biopsychosocial Screening Instrument.**

<b>Brief Integrative Biopsychosocial Screening Instrument</b> Mark each item as it relates to your experience by placing an “X” in the appropriate box. You must answer all items.  0 = the item is NOT AT ALL like my experience 1 = the item is RARELY like my experience 2 = the item is SOMEWHAT like my experience 3 = the item is LIKE my experience 4 = the item is VERY MUCH like my experience 5 = the item is DEFINITELY like my experience		0	1	2	3	4	5
1	Drinking alcohol helps me sleep						
2	It’s easy to say yes when my friends ask me to drink with them						
3	I will be able to think better after a few drinks						
4	It is hard for me to believe that I am capable of being successful						
5	My family had financial trouble						
		<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
6	I get into trouble because I don’t think about what I’m doing						
7	Seeing people drinking alcohol on social media websites looks like fun						
8	Sometimes I enjoy getting into arguments						
9	Drinking alcohol will help me to fit in with the group						
10	Advertisements that sell alcohol have influenced my drinking						
		<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
11	Sometimes I feel self-conscious that I will look stupid						
12	I have done things without concern for my own or others’ safety						
13	I felt the need to parent my siblings when I was growing up						
14	My mother seemed to be depressed a lot						
15	I have found that I can drink a lot without feeling drunk						

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16	I have been treated for depression						
17	Members in my extended family have had trouble with alcohol						
18	Sometimes I have lied to get what I want						
19	Alcohol has helped me cope with a tragedy in my life						
20	Drinking alcohol will help keep my mind off problems at home						
		<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
21	When I drink alcohol I take unusual risks						
22	My father has abused alcohol						
23	My parents argued a lot						
24	I feel attractive when I drink alcohol						
25	I used to drink alcohol in order to cope with my family						
		<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
26	I felt like my parents were over protective of me						
27	I tend to overreact emotionally						
28	Television shows encourage me to believe drinking alcohol is ok						
29	Drinking is encouraged where I work or go to school						
30	People I admire drink alcohol						

**BIBSI Scoring Instructions**

<b>Construct</b>	<b>Total</b>	<b>Div. by:</b>	<b>Score %</b>
Biological Influence: add items 15, 17, & 22		15	
Internal Psychological Influence: add items 3, 11, 19, & 27		20	
External Psychological Influence: add items 6, 12, 18, & 21		20	
Social Family Influence: add items 5, 14, 23, & 26		20	
Social Peer/Work Influence: add items 2, 9, 24 & 29		20	
Social Cultural Influence: add items 7, 10, & 28		15	
Items 1, 4, 8, 13, 16, 20, 25, & 30 are meant for informational purposes only.			

**Enter the score in the according column and fill in as a bar chart for a visual representation of you client's Biopsychosocial Profile.**

<b>%</b>	<b>BI</b>	<b>PI</b>	<b>PE</b>	<b>SF</b>	<b>SP</b>	<b>SC</b>
90						
80						
70						
60						
50						
40						
30						
20						
10						
0						