

M.A.T.R.S. Objectives and Interventions

- ▶ **Measurable**
 - Achievement is observable
- ▶ **Attainable**
 - Focus on improved functioning rather than cure
- ▶ **Time-limited**
 - Focus on short-term goals and objectives
- ▶ **Realistic**
 - Patient can realistically complete objectives
- ▶ **Specific**
 - Goal-focused in specific behavioural terms

Problem Statement:

Patient reports regular alcohol use for a period of 15 years. For the past 7 years, he drank regularly and heavily (5 or more drinks in one day). He reports drinking heavily 20 of the past 30 days.

Goal Statement:

Objective statement:

Intervention: