PROFICIENCY TEST IN MOTIVATIONAL INTERVIEWING ACCORDING TO MITI 4.2.1

Recording id:	Name:	Target:	Date:
46489058	Teri Nunnally	Agree to a new plan to manage anxiety	2024-03-14

Global Ratings

Technical Components	
Cultivating Change Talk This rating reflects your use of MI skills to highlight and strengthen the patient's own reasons for making a change.	(1-5) 2
Softening Sustain Talk This rating reflects your use of MI skills to validate the patient's barriers to change and guide them to consider possible reasons for change.	(1-5) 3
Relational Components	
Partnership This rating reflects your use of skills designed to build a collaborative working relationship with your patient, consistent with the Spirit of MI.	(1-5) 4
Empathy This rating reflects your use of skills designed to express warmth and understanding of your patient within their unique circumstances, consistent with the Spirit of MI.	(1-5) 3

Behaviour Counts	Total
Giving information	6
Persuade	0
Persuade with Permission	0
Questions	11

Simple Reflection	0
Complex Reflection	4
Affirm	8
Seeking Collaboration	0
Emphasizing Autonomy	0
Confront	0

Summary of indices of coded skills demonstrated in the interview

Indices of proficiency		Level	
		Fair	Good
$\dfrac{\text{Simple + Complex Reflections}}{\text{Questions}}$ This is the ratio of your reflections to your questions. Within MI, we aim for reflections to exceed questions, ideally with 3 or 4 (or more) reflections for every question.	= 0.36	(≥1.0)	(≥2.0)
$\dfrac{\text{Complex Reflections}}{\text{Simple + Complex Reflections}}$ This is the ratio of your complex reflections to your total number of reflections. Generally speaking, having a higher percentage of complex reflections suggests a better quality of MI interaction.	= 1.00	(≥0.40)	(≥.50)
Total MI Adherent = Seeking Collaboration + Affirm + Emphazising Autonomy This is the total number of utterances or interactions within the encounter that were consistent with MI	= 8	---	---
Total MI Non Adherent = Confront + Persuade This is the total number of utterances or interaction within the encounter that were inconsistent with MI	= 0	---	---

Relational Component: $\frac{\text{Empathy} + \text{Partnership}}{2}$	= 3.50	(≥3.5)	(≥4.0)
Technical Component: $\frac{\text{Cultivate Change talk} + \text{Softening Sustain talk}}{2}$	= 2.50	(≥3.0)	(≥4.0)

Guidelines on the meaning of Empathy and Partnership

	Value	Proficient in relational skills	Things to consider in future use of MI
	1 – 2.5	Low	Risk of not being able to help the clients
	2.5 – 3.5	Fair	Continued training is recommended
	3.5 – 5.0	Good	Likely helpful for clients

Guidelines on the meaning of technical variables

	Value	Proficient in technical skills	Things to consider in future use of MI
	1 – 2.5	Low	Risk of not being able to help the clients
	3.0	Fair	Continued training is recommended
	3.5 – 5.0	Good	Likely helpful for clients

Clinician strengths:

More reflections on the client´s thoughts and feeling would have affected the Empathy score in a positive way.

If the counselor had made further efforts to Seek collaboration and emphasize client autonomy, this would have yielded a higher rating of the Partnership score.

The counsellor misses opportunities to encourage the client to elaborate on some change talk. This affect the Cultivating Change Talk score negatively. Questions like "What if…" "What would life be like…", How would you feel about…" could help to explore on a deeper level.

The counselor explored potential obstacles to successful change. Eg. "What are some thing that are standing in your way…" (07:26) and "Do you see anything in… maybe hindering you to make that kind of change…" (11:57). This affects the Softening sustain talk score negatively

Important areas for improvement:

The counselor asks an evoking question, "What are those thing that you are aware of…" (06:11). This contributed to the rating of the Cultivating Change talk score in a positive way.

When the counselor affirmed the client with regard to the change, "That would be a huge step…I am sure you know…" (10:55) the Cultivating Change talk score was affected in a positive way.

The counselor makes affirmations that emphasizes that the client understands what he needs to do and keeps trying, for example "I think you are coming in to this with remarkable skills…" (14:43). You are taking some good hold on your own health…" (16:57). This affects the rating of the Partnership score positively.

The counselor demonstrates that she listens to the client and is trying to understand the client's perspective. The counselor makes several Complex Reflections, such as "You are already coming up yourself…" (16:23). This affects the rating of the Empathy score positively.

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How was the coding performed?

The interview between the practitioner and the client (or actor) is reliably assessed according to a manual developed and validated for assessing how well MI is performed. The assessment is made by professional coders at MIC Lab whose reliability is regularly checked.

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