PROFICIENCY TEST IN MOTIVATIONAL INTERVIEWING ACCORDING TO MITI 4.2.1

Recording id:	Name:	Target:	Date:
46489053	Sarah Grace Tucker	Smoking cessation	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) 3
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	2
Questions	17

Simple Reflection	3
Complex Reflection	5
Affirm	0
Seeking Collaboration	2
Emphasizing Autonomy	0
Confront	0

Summary of indices of coded skills demonstrated in the interview

Indices of proficiency		Level	
		Fair	Good
<u>Simple + Complex Reflections</u> 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.	= 0.47	(≥1.0)	(≥2.0)
<u>Complex Reflections</u> 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.	= 0.63	(≥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	= 2	---	---
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: Empathy + Partnership 2	= 3.00	(≥3.5)	(≥4.0)
Technical Component: Cultivate Change talk + 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:

If more questions were rephrased into reflections a more balanced partnership might have developed between the client and the counselor, which had affected the Partnership score positively. Also, the Empathy score had been positively affected if questions had been rephrased into reflections especially into complex reflections.

The Softening sustain talk score is negatively affected by the counselor reflections on difficulties with making the change eg 17:53 "…sounds that this has been a big part of your life …." However, such a reflection also shows that the counselor wants to understand the client and affects the Empathy score in a positive way.

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

If the counselor had used utterances to Affirm the client´s resources and accomplishments, the Partnership score had been positively affected.

The Cultivating change talk score would have been positively affected if the counsellor had explored on a deeper level disadvantages of the situation as it is now (status quo), and explored the benefits of implementing a change. For example when the client (6:00- 8:15) mentioned reasons to stop smoking like cancer, infections related to smoking, his son might be influenced by him to smoke, COPD.

Important areas for improvement:

The counsellor asks some evocative questions that positively affect the Cultivating Change Talk score, eg. 5:55 "… what makes you think that smoking is a problem ….?" and 9:56 "…what would your life be like if you stopped smoking?"

The Cultivating change talk score is positively affected by reflections that may evoke the client reasons to change, like 8:25 "it sounds like you have personal experience, like your aunt "

Some Reflections, such as 11:09 "… it sounds that the social activity …. not smoking …. a new experience for you" affects the Empathy score positively.

Some questions, such as 11:50 "… what would it take for you to be a ten …what would help you in the decision?" affects the Empathy score positively and also the Cultivating change talk score.

The counselor had Seeking Collaboration utterances like 17:42 "if you are interested in something like that we can definitely …." , which affect the Partnership score positively.

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.