PROFICIENCY TEST IN MOTIVATIONAL INTERVIEWING ACCORDING TO MITI 4.2.1

Recording id:	Name:	Target:	Date:
46489066	Luiza Rodrigues	Agree to 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) 1
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) 2
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) 1
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) 2

Behaviour Counts	Total
Giving information	7
Persuade	1
Persuade with Permission	0
Questions	22

Simple Reflection	6
Complex Reflection	0
Affirm	0
Seeking Collaboration	0
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.	= 0.27	(≥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.	= 0.00	(≥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	= 0	---	---
Total MI Non Adherent = Confront + Persuade This is the total number of utterances or interaction within the encounter that were inconsistent with MI	= 1	---	---

Relational Component: Empathy + Partnership 2	= 1.50	(≥3.5)	(≥4.0)
Technical Component: Cultivate Change talk + Softening Sustain talk 2	= 1.50	(≥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 many of the questions had been rephrased as reflections and particularly as Complex reflections the Empathy score had been affected in a positive way demonstrating that the counselor tried to understand the client perspectives and thoughts. Also the Partnership score had been positively affected given the client more space for how to respond.

The clinician is giving advice without asking for permission by doing a Persuade, for example 19:50 "So first let's focus…" It affects the Partnership Score negatively.

19:38 - 21:05 The clinician is dominating the conversation by talking for almost 1,5 minute without involving the client. It affects the Partnership Score negatively.

If the clinician had asked about the benefits of making a change and explored the reasons, it would have affected the Cultivated Change Talk Score positively.

The Softening sustain talk score is negatively affected by the counselor reflections on difficulties with making the change eg 18:30 "it really seems that Clonazepam is helping you …"

Important areas for improvement:

The Empathy score is positively affected when the counselor demonstrates that she tries to understand the client view by asking, for example 5:39 "…. So far how are you feeling … being here present in the session ….?"

The counselor uses Reflections, such as 12:39 "… being by yourself cause a lot of anxiety …." and 15:57 "… you leave the situation and go back to home …." and 17:17 "it sounds like anything that is mindfulness or related …" which affect the Empathy score positively.

The counselor asks evoking questions, eg 7:07 "…. Clonazepam is helping you to relax but is not really fixing the problem?" This affect the rating of the Cultivating Change talk score in a positive way.

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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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