

PROFICIENCY TEST IN MOTIVATIONAL INTERVIEWING ACCORDING TO MITI 4.2.1

Recording id:	Name:	Target:	Date:
46489073	Julian Laude	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	9
Persuade	1
Persuade with Permission	3
Questions	21

Simple Reflection	7
Complex Reflection	2
Affirm	1
Seeking Collaboration	0
Emphasizing Autonomy	0
Confront	0

Summary of indices of coded skills demonstrated in the interview

Indices of proficiency	Level	
	Fair	Good
<p><u>Simple + Complex Reflections</u> Questions = 0.43</p> <p>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.</p>	(≥ 1.0)	(≥ 2.0)
<p><u>Complex Reflections</u> Simple + Complex Reflections = 0.22</p> <p>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.</p>	(≥ 0.40)	($\geq .50$)
<p>Total MI Adherent = 1 = Seeking Collaboration + Affirm + Emphasizing Autonomy</p> <p>This is the total number of utterances or interactions within the encounter that were consistent with MI</p>	---	---
<p>Total MI Non Adherent = 1 = Confront + Persuade</p> <p>This is the total number of utterances or interaction within the encounter that were inconsistent with MI</p>	---	---

<p>Relational Component: $\frac{\text{Empathy} + \text{Partnership}}{2}$ </p>	= 3.00	(≥3.5)	(≥4.0)
<p>Technical Component: $\frac{\text{Cultivate Change talk} + \text{Softening Sustain talk}}{2}$ </p>	= 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:

The counselor sometimes after having made a reflection asks a question to check that he has understood. The question reduces how the client may respond on the reflection and affects therefore the Partnership score negatively, for example 05:42 "...Is that correct?"

The clinician is asking for problems with quit smoking, for example 06:00 "What would be the barriers..." It affects the Softening Sustain Talk Score negatively.

The clinician is enhancing the positive aspects of smoking by doing a Complex Reflection, for example 08:20 "So it was the social aspect..." It affects the Softening Sustain Talk Score negatively.

10:50 - 12:15 The clinician is dominating the conversation by talking for almost 1,5 minute without involving the client. It affects the Partnership Score negatively.

The clinician is giving advice without asking for permission by doing a Persuade, for example 21:28 "Try to also find alternatives..." It affects the Partnership Score negatively.

If some questions had been rephrased as reflections and particularly as Complex reflections the Empathy score had been affected in a positive way and also the Partnership score given the client more space for how to respond.

Important areas for improvement:

The clinician is enhancing the reasons for making a change by doing a Complex Reflection and enhancing the client's ambitions by doing an Affirm, for example 09:40 "...That's a big motivator... You probably want to be like a role model for him..." The Reflection affects the Cultivating Change Talk Score positively and the Affirm affects the Partnership Score positively.

The clinician is enhancing the client's ideas by doing an Affirm, for example 23:20 "Those are all great ideas..." It affects 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.