PROFICIENCY TEST IN MOTIVATIONAL INTERVIEWING ACCORDING TO MITI 4.2.1

Recording id:	Name:	Target:	Date:
46489056	Eveline Fondong	Agree to new plan to manage anxiety	2024-03-04

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) 3
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) 2
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	6
Persuade	0
Persuade with Permission	2
Questions	33

Simple Reflection	12
Complex Reflection	2
Affirm	1
Seeking Collaboration	2
Emphasizing Autonomy	0
Confront	0

Summary of indices of coded skills demonstrated in the interview

Indices of proficiency		Level	
		Fair	Good
$\underline{\text{Simple + Complex Reflections}}$ 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.	= 0.42	(≥1.0)	(≥2.0)
$\underline{\text{Complex Reflections}}$ 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.	= 0.14	(≥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	= 3	---	---
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	= 2.00	(≥3.5)	(≥4.0)
Technical Component: Cultivate Change talk + Softening Sustain talk 2	= 3.00	(≥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 uses questions and reflections in order to evoke solutions and alternatives for the client. If the counselor also had made questions and reflections on the client´s motives to change the rating of the Cultivating change talk score had been positively affected.

The Softening sustain talk score is negatively affected by the counselor´s questions on difficulties with making the change, for example What makes you think that you cannot do that" (11:25), which directs the consultation towards obstacles to change. However, such a question also shows that the counselor wants to understand the client and affects the Empathy score in a positive way.

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

If some questions had been rephrased as reflections and particularly as Complex reflections the Empathy score had been affected in a positive way.

Important areas for improvement:

The counselor asks several evoking questions, eg "What do you think you can do in order to consider…the blood pressure goes down" (12:33). This contributed to the rating of the Cultivating Change talk score in a positive way.

The counselor had several Seeking Collaboration utterances like "If you permit me I can…do you want me to give you some suggestion" (20:09), which affect the Partnership score positively. On the other hand, if the client has already asked for advice, you do not need to ask for permission, then it is already there.

The Empathy score is positively affected when the counselor demonstrates that she tries to understand the client view, for example "You may mention that you had some suggestions for the blood pressure…" (13:47).

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.