

PROFICIENCY TEST IN MOTIVATIONAL INTERVIEWING ACCORDING TO MITI 4.2.1

Recording id:	Name:	Target:	Date:
46489052	Nicholas Santascoy	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) 4
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) 5
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) 4

Behaviour Counts	Total
Giving information	0
Persuade	1
Persuade with Permission	2
Questions	20

Simple Reflection	9
Complex Reflection	8
Affirm	6
Seeking Collaboration	4
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 = 0.85</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 = 0.47</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)	(≥.50)
<p>Total MI Adherent = 10 = 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>	= 4.50	(≥3.5)	(≥4.0)
<p>Technical Component: $\frac{\text{Cultivate Change talk} + \text{Softening Sustain talk}}{2}$ </p>	= 3.50	(≥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 Cultivating Change Talk score is negatively affected when the counselor fails to respond to and reinforce the change talk that the client offers. For example 11:35 "Spend more time with my wife which is always a welcome time for me."

In the end of the recording one of the counselors reflections reinforce the good things for the client about continuing as now, and therefore affect the rating of the Softening Sustain Talk score negatively. One of these reflections is 22:25 "Maybe it's fine to take it a few days a week."

The counselor sometimes after having made a reflection asks a question to check that you have understood. The question reduces how the client may respond to the reflection and affects the Partnership score negatively, for example 09:23 "Is that right?"

Important areas for improvement:

The counselor asks evoking questions, e.g. 04:20 "Do you have any concerns about the height of your blood pressure?"

This contributed to the rating of the Cultivating Change talk score in a positive way.

The counselor makes complex reflections that positively affect the Cultivating change talk score, for example 07:32 "You don't like this feeling of being heavier."

The Partnership score is positively affected by Seeking Collaboration utterances such as 03:30 "What would you like to get out of our conversation?" and 19:24 "What would you like to add or what are you thinking at this point?" which is helpful in focusing the conversation and also structures the session in a way that gives space for two people to collaborate towards a change goal, and these clinical behaviors are positive for the rating of the Partnership score.

The counselor uses several Affirm utterances, for example 05:55 "You have a strong commitment to the people that you care about."

These affect the rating of 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.