

## PROFICIENCY TEST IN MOTIVATIONAL INTERVIEWING ACCORDING TO MITI 4.2.1

Recording id:	Name:	Target:	Date:
46489051	John Holtzaple	Reduce blood pressure	2024-03-14

### Global Ratings

Technical Components	
<b>Cultivating Change Talk</b> This rating reflects your use of MI skills to highlight and strengthen the patient's own reasons for making a change.	(1-5) 3
<b>Softening Sustain Talk</b> 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) 4
Relational Components	
<b>Partnership</b> 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) 4
<b>Empathy</b> 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	10
Persuade	3
Persuade with Permission	1
Questions	13

Simple Reflection	3
Complex Reflection	16
Affirm	1
Seeking Collaboration	7
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 = 1.46</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 = 0.84</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 = 8</p> <p>= 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 = 3</p> <p>= 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:  <math display="block">\frac{\text{Empathy} + \text{Partnership}}{2}</math> </p>	= 4.00	(≥3.5)	(≥4.0)
<p>Technical Component:  <math display="block">\frac{\text{Cultivate Change talk} + \text{Softening Sustain talk}}{2}</math> </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 Partnership score is negatively affected by some Persuade utterances, eg  
17:30 "Or if you want to start with one extra walk per week and plan from there."*

*The practitioner shows great skill in probing what kind of changes the client is willing to do to lower the blood pressure.*

*For a higher score at Cultivating Change Talk, more time must be spent on exploring the benefits of change. For example the client mentions that he doesn't want to be a burden for the family and relatives. Are there more reasons the client thinks are important and is it possible to deepen the conversation around those topics?*

## Important areas for improvement:

*The Cultivating change talk score is positively affected by reflections that may evoke the client reasons to change, like*

*03:14 "So you are interested in getting your blood pressure in control."  
and like*

*13:45 "So a priority for you would be something that is gentle, something you enjoy and that wouldn't put you at risk, something like the sunday walks with your wife."*

*The Partnership score is positively affected by Seeking Collaboration utterances such as*

*03:08 "Would it be Ok for us to have a conversation about blood pressure?"  
and such as*

*15:38 "I wonder how that number sounds to you?"*

*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 Empathy score is positively affected when the counselor demonstrates that she tries to understand the client view, for example*

*05:10 "Tell me a little bit more about that, what sort of differences might you expect?"*

## 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.*