PROFICIENCY TEST IN MOTIVATIONAL INTERVIEWING ACCORDING TO MITI 4.2.1

Recording id:	Name:	Target:	Date:
46489054	Brittany Rozelle	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) 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) 4
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	10
Persuade	1
Persuade with Permission	10
Questions	13

Simple Reflection	4
Complex Reflection	1
Affirm	6
Seeking Collaboration	4
Emphasizing Autonomy	2
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.	= 0.38	(≥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.	= 0.20	(≥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	= 12	---	---
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	= 3.50	(≥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 Cultivating change talk score would have been positively affected if the counsellor had explored disadvantages of the situation as it is now (status quo) and explored the benefits of implementing a change.

The counselor is directive, for example 15:11 "…. Just that we can get you started in the right direction ..". This is a Persuade utterance, which has negative impact on the Partnership score.

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 counselor structures the conversation in a way that the client discusses plans how the change should come in place which affect the Softening sustain talk score positively.

The counselor makes affirmations that emphasizes that the client understands what he needs to do and keeps trying, for example 6:23 "… really important that you recognize that …." and 11:37 "… to even be able of you to came out and say that … it takes a lot …" and 19:18 "that is a great idea because it will be nice for both of us ….". This affects the rating of the Partnership score positively.

The counselor makes utterances, which emphasize the client autonomy, which is positive for the Partnership score eg 12:07 "…if you decide to start taking some of these steps you start saving …. " and 18:51 "that is really up to you …".

The counselor had several Seeking Collaboration utterances like 15:42 "… what do you think is a good number to cut back …?", which affect the Partnership score positively.

The Empathy score is positively affected when the counselor demonstrates that she tries to understand the client view, for example 15:29 "what I am hearing from you is that we are ready to start …. take small steps …". The reflection also reinforces the stated client reasons to cut down on smoking which affects 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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