PROFICIENCY TEST IN MOTIVATIONAL INTERVIEWING ACCORDING TO MITI 4.2.1

Recording id:	Name:	Target:	Date:
46489055	Elizabeth Secundy	Smoking cessation	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) 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	10
Persuade	0
Persuade with Permission	1
Questions	14

Simple Reflection	5
Complex Reflection	12
Affirm	5
Seeking Collaboration	4
Emphasizing Autonomy	1
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.	= 1.21	(≥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.	= 0.71	(≥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	= 10	---	---
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	= 4.50	(≥3.5)	(≥4.0)
Technical Component: Cultivate Change talk + Softening Sustain talk ———————————————————————— 2	= 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:

Some of the counselor's reflections reinforce the good things for the client about continuing as now, for example 11:52 "if you didn´t smoke you would not have that 5-minute break …." and 12:13 "… it reduces your stress, you enjoy it, enjoy smoking" and therefore affect the rating of the Softening Sustain Talk score negatively.

The Softening sustain talk score is negatively affected by the counselor´s questions on difficulties with making the change, for example 10:41 tell me what makes it hard to quit …. What would be not so good things about quitting?" 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 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 Cultivating change talk score is positively affected by reflections that may evoke the client reasons to change, like 6:04 "…. You are very motivated to quit smoking" and 7:27 "… knowing that would be in the best interest of your child that is definitely a motivating factor" and 18:06 "… what motivate you to stop …. your son, looking at your aunt … and more money ….".

The counselor asks several evoking questions, eg 9:06 "what would change in your life if you stopped smoking?". This contributed to the rating of the Cultivating Change talk score in a positive way

The counselor uses some Affirm utterances, for example 6:43 "… quitting cold turkey is so hard, I cannot even believe you lasted …. " and 17:38 "… give you a lot of credit for taking a first step ". These affect the rating of the Partnership score positively.

The counselor makes utterances, which emphasize the client autonomy, which is positive for the Partnership score eg 19:25 "…. That would be something that you have to decide …."

The counselor had several Seeking Collaboration utterances like 8:57 "… any question that you may have I will be happy to answer" and 18:35 "do you mind if I follow up with you or do you want to get back to me?", which affect 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.