PROFICIENCY TEST IN MOTIVATIONAL INTERVIEWING ACCORDING TO MITI 4.2.1

Recording id:	Name:	Target:	Date:
46489071	Kizmet Johnson	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) 2
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) 2
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) 1

Behaviour Counts	**Total**
Giving information	9
Persuade	8
Persuade with Permission	4
Questions	13

Simple Reflection	7
Complex Reflection	4
Affirm	1
Seeking Collaboration	1
Emphasizing Autonomy	0
Confront	1

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.	= 0.85	(≥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.	= 0.36	(≥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	= 2	---	---
Total MI Non Adherent = Confront + Persuade This is the total number of utterances or interaction within the encounter that were inconsistent with MI	= 9	---	---

Relational Component: Empathy + Partnership 2	= 1.50	(≥3.5)	(≥4.0)
Technical Component: Cultivate Change talk + Softening Sustain talk 2	= 2.00	(≥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:

Disturbing sounds and signals during the call made reliable coding difficult

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.

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

The rating of Partnership score is negatively affected when the counselor makes suggestions and advices without involving the client in evaluating, for example 6:39 "Have you ever tried using nicotine gum, patches or ….?" and 8:00 "It is not gona happen over night …it is not gona be easy" and 9:08 "Don´t you think all those benefits would ….trying to put in the effort to stop smoking?"

For a higher rating of the Partnership score, the counselor could have emphasized the client control.

The counselor makes Persuade utterances which eg, 7:16 "Are your cigarettes covered by your insurance?", which have negative impact on the Partnership score.

The Softening sustain talk score is negatively affected by the counselor reflections on difficulties with making the change eg 15:32 "It is definitely gona be heard, not gona be easy"

Important areas for improvement:

The counselor demonstrates that she listens to the client and is trying to understand the client's perspective. The counselor makes Reflections, such as 6:15 "that sounds more like a habit". This affects the rating of the Empathy score positively.

The counselor makes an affirmation that emphasizes that the client understands what she needs to do and keeps trying, for example 17:09 "…. Help yourself come up with a solution"

The Partnership score is positively affected by the practitioner seeking to explore the client's views and opinions, for example 13:32 "Do you think it would be helpful for you to …?"

The Cultivating change talk score is positively affected by reflections that may evoke the client reasons to change, like 8:46 "… your health improving … some breath … money …positive things" and 11:49 "so, that are other factors that .."

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.

® Protocol of MITI 4.2.1 by Dan Mullin, Lars Forsberg, Carola Hellberg; www.miclabglobal.com, E-mail: contact@miclabglobal.com

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