

## PROFICIENCY TEST IN MOTIVATIONAL INTERVIEWING ACCORDING TO MITI 4.2.1

Recording id:	Name:	Target:	Date:
46489057	Martha Humphreys	Smoking cessation	2024-03-04

### 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)  2
<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)  2
<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)  1

Behaviour Counts	Total
Giving information	14
Persuade	3
Persuade with Permission	0
Questions	15

Simple Reflection	1
Complex Reflection	1
Affirm	2
Seeking Collaboration	0
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 = 0.13</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 = 0.50</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 = 2 = Seeking Collaboration + Affirm + Emphazising 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 = 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>	= 1.50	(≥3.5)	(≥4.0)
<p>Technical Component:  <math display="block">\frac{\text{Cultivate Change talk} + \text{Softening Sustain talk}}{2}</math> </p>	= 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:

*More reflections on the client's thoughts and feeling would have affected 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.*

*The clinician is giving advice without asking for permission by doing a Persuade, for example "...Maybe even that might be a good time to poke a piece of nicotine gum instead of a cigarette" (10:58) and "...one thought I have is to decreasing your cigarettes by one or two a day ..." (23:01) which have negative impact on the Partnership score.*

*The counsellor misses opportunities to encourage the client to elaborate on some potentially important reasons for change, eg (12:42) when he talks about his son and (18:43) when he says that he might sign up in a group" which affect the Cultivating Change Talk score negatively.*

## Important areas for improvement:

*The counselor asks several evoking questions, eg "What are your biggest concerns around smoking" (11:22) and "If you were going to quit smoking, how might your life be different" (14:04). This contributed to the rating of the Cultivating Change talk score in a positive way.*

*The counselor uses some Affirm utterances, for example "...that is wonderful..." (16:27) and "I think that is a wonderful plan" (22:19). These affect the rating of the Partnership score positively.*

*The counselor had a Seeking Collaboration utterance, "Do you have any thought of what I said" (07:25) 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.*