

PROFICIENCY TEST IN MOTIVATIONAL INTERVIEWING ACCORDING TO MITI 4.2.1

Recording id:	Name:	Target:	Date:
46489063	Jamie Smith	Agree to new plan to manage anxiety	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) 1
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) 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) 2

Behaviour Counts	Total
Giving information	5
Persuade	8
Persuade with Permission	9
Questions	7

Simple Reflection	1
Complex Reflection	2
Affirm	2
Seeking Collaboration	2
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 = 0.43</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 = 0.67</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 = 4 = 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 = 8 = 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: $\frac{\text{Empathy} + \text{Partnership}}{2}$ </p>	= 2.00	(≥3.5)	(≥4.0)
<p>Technical Component: $\frac{\text{Cultivate Change talk} + \text{Softening Sustain talk}}{2}$ </p>	= 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:

If the counselor had made questions and reflections on the client's motives to change the rating of the Cultivating change talk score had been positively affected.

The counselor had Seeking Collaboration utterances like 12:23 "we can look into that together and see what it is there to offer", which affect the Partnership score positively.

The counselor is directive, for example 5:21 "... Could we try doing something with having a little bit more security at home ..." and 5:51 "it would probably Some of the tension" and 7:15 "Have you ever tried, with your doctor, any other kind of medication?" and 8:53 "Taken it more than it is prescribed is probably not the best thing" and 9:46 "Have you tried to talk with a therapist?" 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 makes affirmations that emphasizes that the client understands what he needs to do and keeps trying, for example 16:47 "you know yourself when you are there " and 17:04 "... you have positive attitude and that is really a good start" . This affects the rating of the Partnership score positively.

Complex Reflections, such as 10:08 "... you don't get anything from their coping." and 12:58 "That is the hard piece of it" affect the Empathy score positively.

The counselor asks questions, that convey an understanding of the client perspectives, such as 12:50 "In the therapy, you have not met one you click with?", which affect the Empathy score in a positive way.

The counselor asks evoking questions, eg 8:33 "Is that more than you should be taken?" This contributed to the rating of the Cultivating Change talk score in a positive way.

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.