**PROFICIENCY TEST IN MOTIVATIONAL INTERVIEWING**

**ACCORDING TO MITI 4.2.1**

|  |  |  |  |
| --- | --- | --- | --- |
| Recording id: | Name: | Target: | Date: |
| 46489051 | John Holtzapple | Reduce blood pressure | 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)  4 |
| **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)  4 |

|  |  |
| --- | --- |
| Behaviour Counts | Total |
| Giving information | 10 |
| Persuade | 3 |
| Persuade with Permission | 1 |
| Questions | 13 |
| Simple Reflection | 3 |
| Complex Reflection | 16 |
| Affirm | 1 |
| Seeking Collaboration | 7 |
| Emphasizing Autonomy | 0 |
| Confront | 0 |

Summary of indices of coded skills demonstrated in the interview

|  |  |  |  |
| --- | --- | --- | --- |
| Indices of proficiency |  | Level | |
|  |  | Fair | Good |
| Simple + Complex Reflections  Questions | = 1.46 | (≥1.0) | (≥2.0) |
| 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. |  |  |  |
| Complex Reflections  Simple + Complex Reflections | = 0.84 | (≥0.40) | (≥.50) |
| 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. |  |  |  |
| Total MI Adherent  = Seeking Collaboration + Affirm + Emphazising Autonomy | = 8 | --- | --- |
| This is the total number of utterances or interactions within the encounter that were consistent with MI |  |  |  |
| Total MI Non Adherent  = Confront + Persuade | = 3 | --- | --- |
| This is the total number of utterances or interaction within the encounter that were inconsistent with MI |  |  |  |
| Relational Component:  Empathy + Partnership  2 | = 4.00 | (≥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:

### *The Partnership score is negatively affected by some Persuade utterances, eg* *17:30“Or if you want to start with one extra walk per week and plan from there.”* *The practitioner shows great skill in probing what kind of changes the client is willing to do to lower the blood pressure.* *For a higher score at Cultivating Change Talk, more time must be spent on exploring the benefits of change. For example the client mentions that he doesn't want to be a burden for the family and relatives. Are there more reasons the client thinks are important and is it possible to deepen the conversation around those topics?*

### Important areas for improvement:

### *The Cultivating change talk score is positively affected by reflections that may evoke the client reasons to change, like* *03:14“So you are interested in getting your blood pressure in control.”* *and like* *13:45“So a priority for you would be something that is gentle, something you enjoy and that wouldn't put you at risk, something like the sunday walks with your wife.”* *The Partnership score is positively affected by Seeking Collaboration utterances such as* *03:08“Would it be Ok for us to have a conversation about blood pressure?”* *and such as* *15:38“I wonder how that number sounds to you?”* *which is helpful in focusing the conversation and also structures the session in a way that gives space for two people to collaborate towards a change goal, and these clinical behaviors are positive for the rating of the Partnership score.* *The Empathy score is positively affected when the counselor demonstrates that she tries to understand the client view, for example* *05:10“Tell me a little bit more about that, what sort of differences might you expect?”*

### 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.*