

SELF-ASSESSMENT OF MOTIVATIONAL INTERVIEWING SKILLS

Tape ID: _____ Date: _____

Length of audio: _____ mins _____ secs Total seconds: _____

Listen to your audio-recording and code for:

Behaviours	Count	Examples
Questions		
Simple reflections		
Complex reflections		
Giving Information		

TALK TIME (seconds)	What did I notice?
Client:	
Clinician:	

Ratios to Aim for:	Beginner Level	Competent Level	My Results
Reflections: Questions	1:1	>2:1	
Complex Reflections	40% (CR/Total R)	50% complex	
Talk Time	Client>Clinician	Client>Clinician	

What sort of change talk did I hear?

Change Talk	Count	Examples
D: Desire I want to...I would like...		
A: Ability I can...I'm able to...		
R: Reason I have reasons to...		
N: Need I need to...I have to		
C: Commitment I will...I intend to...I'm ready...I have started to...		

What do you feel went well?

What is one thing you would like to improve or do differently from here?

SELF-ASSESSMENT: GUIDE

- Listen to your audio-recording and code for the following behaviours.
- Code the statements that *you* make
- A collection of statements made by you, without interruption can only receive one question and/or one reflection code.

Behaviours	Definition	Examples
Questions	If a question or a series of questions are asked in taking a turn of talking, it is counted just once.	"How are things going today? How have you been going with your exercise plan? Have you been to the pool?" (Count: 1 question)
Simple reflections	A statement that conveys understanding, such as a restatement or simple rephrasing of what the patient says.	Pt: "I have been feeling so low. I really need to get back to work, but I feel like I will never get better. My health just seems to be getting worse." Nurse: "You've been feeling very low." (SR)
Complex reflections	A statement that adds substantial meaning to what a patient has said.	Pt: as above Nurse: "One one hand you are feeling quite stuck, and on the other you recognise it is important to you to return to work." (CR)
Giving Information	You give information, education or feedback in a neutral professional way without warning or persuading.	"There is some good evidence for the role of exercise in helping to manage your mood." (GI)

TALK TIME

Allowing patients to talk, to share their ideas, values and priorities is a cornerstone of motivational interviewing. This is particularly aligned with the ideas of partnership and evocation in the spirit of MI.

Ratios to Aim for:	Beginner Level	Competent Level	The recommendations for ratios are a guide. It is proposed that offering more reflections than questions, and more complex reflections promotes patient engagement and movement toward change in a motivational interviewing conversation.
Reflections: Questions	1:1	>2:1	
Complex Reflections	40% (CR/Total R)	50% complex	
Talk Time	Client>Clinician	Client>Clinician	

What sort of change talk did I hear? Promoting change talk is associated with increased commitment to behaviour change, and a greater likelihood of actual behaviour change (see Amrhein et al, 2003)

Change Talk	Examples
D: Desire	"I would like to lose weight." "I want to be a better role model for my daughter."
A: Ability	"I might be able to walk a bit more". "I'm a very good cook". "I really am very organised."
R: Reason	"If I don't stop smoking, my breathing is just going to get worse and worse." "My kids are my reason for getting up each day."
N: Need	"I need to eat more vegetables." "I have to get back to work."
C: Commitment	"I will go and see the psychologist; I've been putting it off for too long." "I'm ready to make some changes; starting with getting up a bit earlier in the morning."

What do you feel went well?

- Comment here about the things that went well in the session.
- How engaged did the patient seem? Maybe review the "Am I doing MI?" handout
- Focus on what you said that changed the direction of the conversation toward change

What is one thing you would like to improve or do differently from here?

Look at the behaviours / talk time / eliciting of change talk; identify just one thing to work on, some things to consider include:

- asking more open questions
- offering more complex reflections
- talking less
- focusing on cultivating more change talk