St. Cloud State University

The Repository at St. Cloud State

Spring 2018

Motivational Interviewing Treatment Integrity (MITI)

Himal Adhikari

Follow this and additional works at: https://repository.stcloudstate.edu/criminal_justice_data

MOTIVATIONAL INTERVIEWING TREATMENT INTEGRITY (MITI)
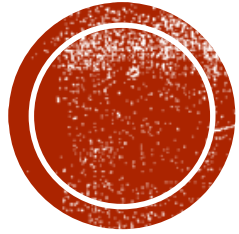
Saint Cloud State University

Himal Adhikari

GOALS

"To Strengthen personal motivation for any commitment to a specific goal by eliciting and exploring the person's own reason for change within an atmosphere of acceptance and compassion." **Miller & Rollnick (2013, p. 29)**

DATA
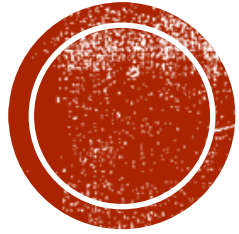
Interview was held between: 2015 – 2017

Total Number of Agent : 33

Total Number of Client: 42

Agents who work with two or more clients: 8

(A3:2,A8:2,A12:2,A15:3,A24:2,A27:2,A34:2,A35:2)

MITI 4.1

Interviewer: _____ Coder: <u>Megan & Scott</u> Date: <u>11/30/2017</u>

GLOBAL RATINGS Target Change: _____

Technical Components						Comments
Cultivating Change Talk	1	2	3	**4**	5	Nice reflections that were mostly simple, but promoted change talk. Good follow up questions when he exhibited change talk. To get to a 5 deeper exploration of change talk.
Softening Sustain Talk	1	2	3	**4**	5	Little sustain talk present. Didn't ask for elaboration on sustain talk or reflect any. Client didn't have much ambivalence.

Relational Components						Comments
Partnership	1	2	3	4	**5**	Very good taking his input. Power sharing was equal. The tone of the whole interaction is that he will now have total control over his life as he turns 19.
Empathy	1	2	3	**4**	5	A lot of good reflections. Work on increasing complex reflections. Let him know that his experience is normal.

Comments:
Being able to capitalize on the reflection and not capping reflections with a question. Recognizing and giving more affirmations.

Nice job with question to reflection ratio. Some very good complex reflections. Great partnership and rapport. Don't be afraid to take more risks with reflections.

BEHAVIOR COUNTS   **Total**

Giving Information (GI)	IIII	4
Persuade (Persuade)		
Persuade with Permission (Persuade)		
Question (Q)	IIIII IIIII IIIII IIIII IIIII	25
Simple Reflection (SR)	IIIII IIIII IIIII I	16
Complex Reflection (CR)	IIIII IIIII	10
Affirm (AF)	IIIII	4
Seeking Collaboration (Seek)		0
Emphasizing Autonomy (Emphasize)		0
Confront (Confront)		0

Ratios
- *Technical Global (Technical)* = CCT + SST / 2 = 4
- *Relational Global (Relational)* = (Partnership + Empathy) / 2 = 4
- *(%CR)* = CR / (SR + CR) = 38%
- *Reflection-to-Question Ratio (R:Q)* = Total reflections / Total Questions = 1.04:1
- *Total MI---Adherent* = Seeking Collaboration + Affirm + Emphasizing Autonomy = 4

- *Total MINA---non-adherent* = persuade + confront = **0**
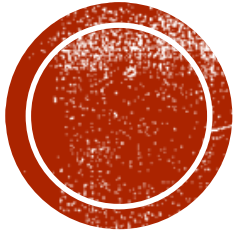
DEFINITION

❑Percent Complex Reflection (% CR) :

✓ Summaries of what the agent has expressed and said.

✓ This measure is the total number of complex reflections divided by the sum of complex and simple reflections. Higher is better.

❑Reflection to Question Ratio :

✓ Summaries of what the agent has said vs. questions.

✓ This measure is a ratio of the total number of reflections divided by the total number of questions, and thus, higher is better.

http://sri.utah.edu/psychtest/misc/index.html.

TO WHAT EXTENT, MI DEMONSTRATED ?

	Competent	Proficient
Relational	4	5
Technical	3	4
% CR	40%	50%
R:Q	1:1	2:1
Total MIA	-	-
Total MINA	-	-

Source : Stearns County Community Corrections

MI Practice Area	Average from the Data	Competent	Proficient
Relational Global Rating (1-5)	3.08	4	5
Technical Global Rating (1-5)	2.98	3	4
%CR	36 %	40 %	50 %
R:Q	0.96	1:1	2:1

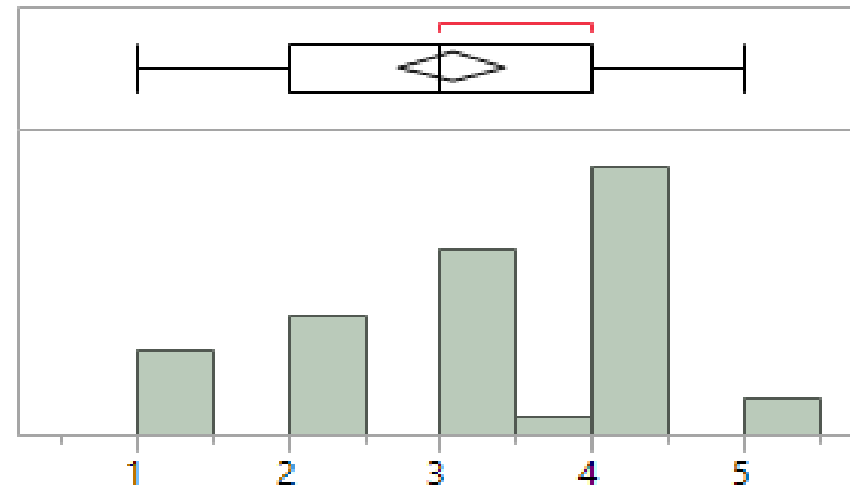# Relational Global based on MITI Scoring Level
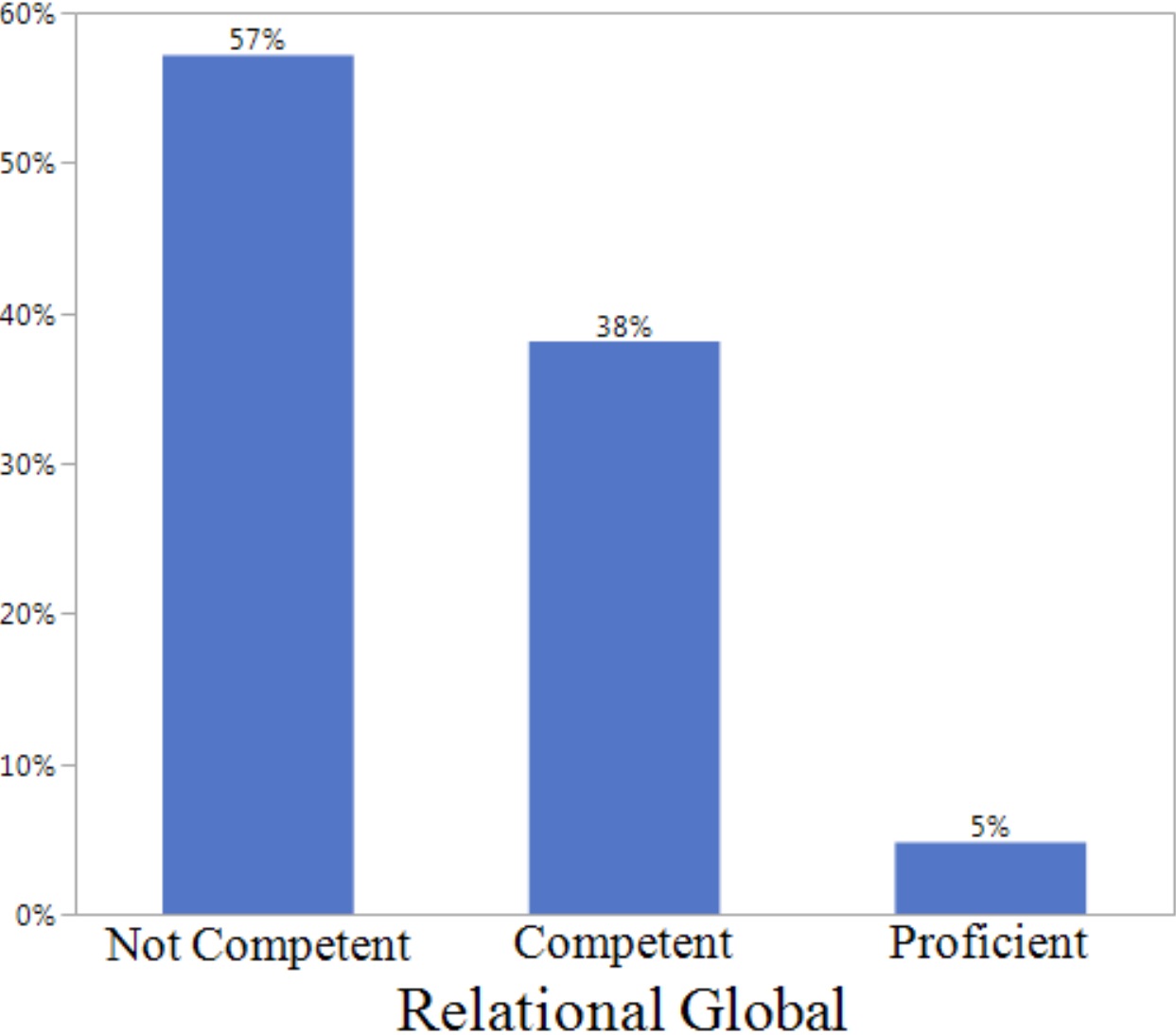
Technical Global based on MITI Scoring Level
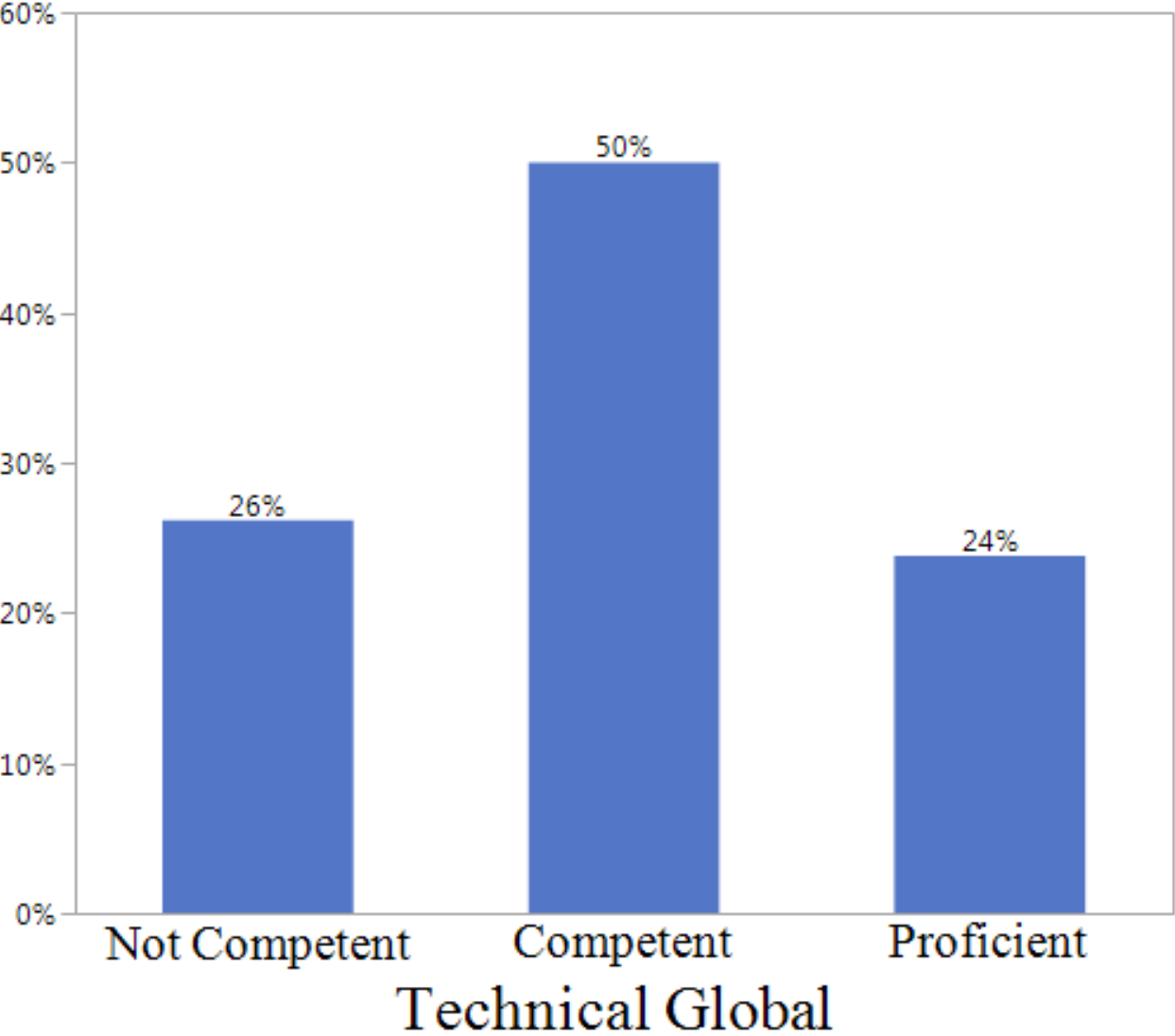
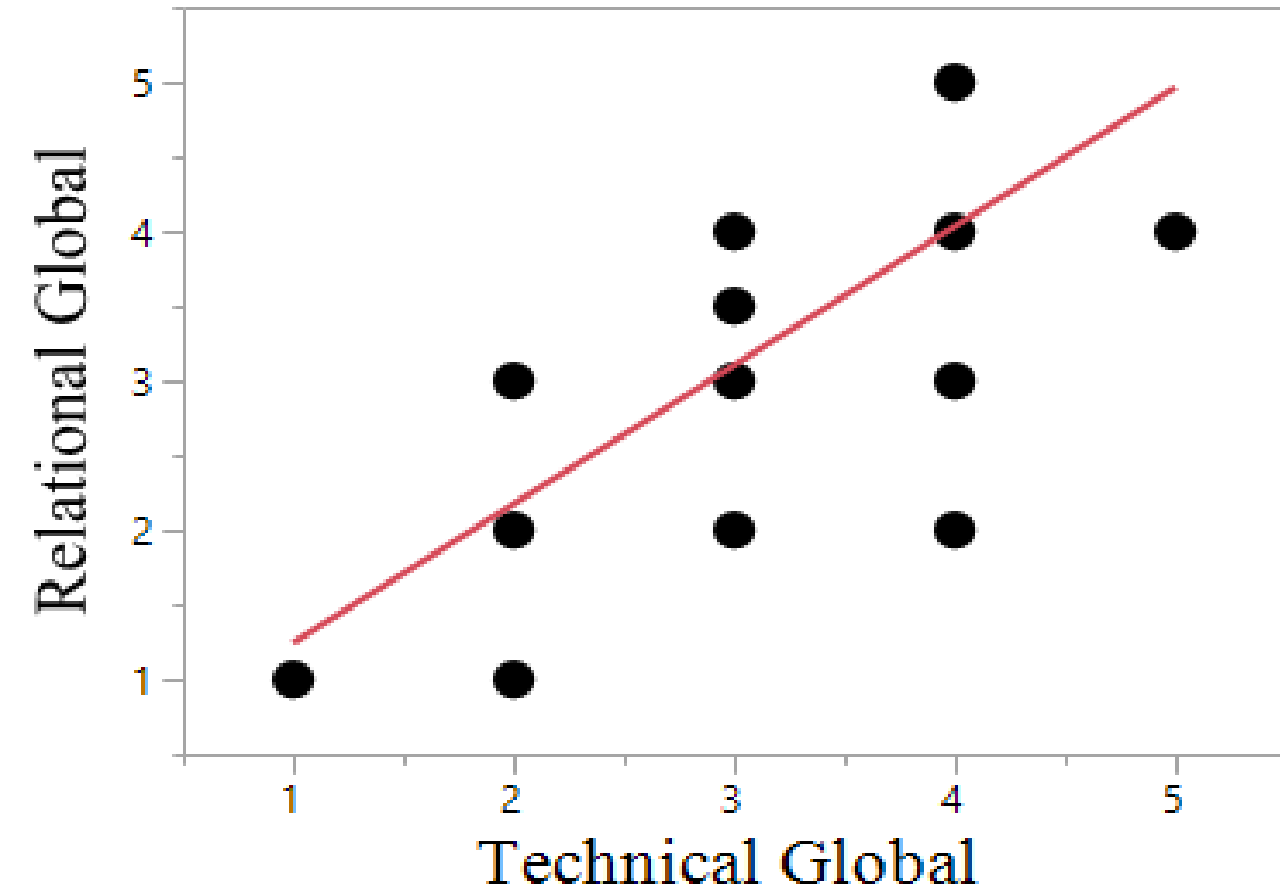# TECHNICAL GLOBAL VS RELATIONAL GLOBAL
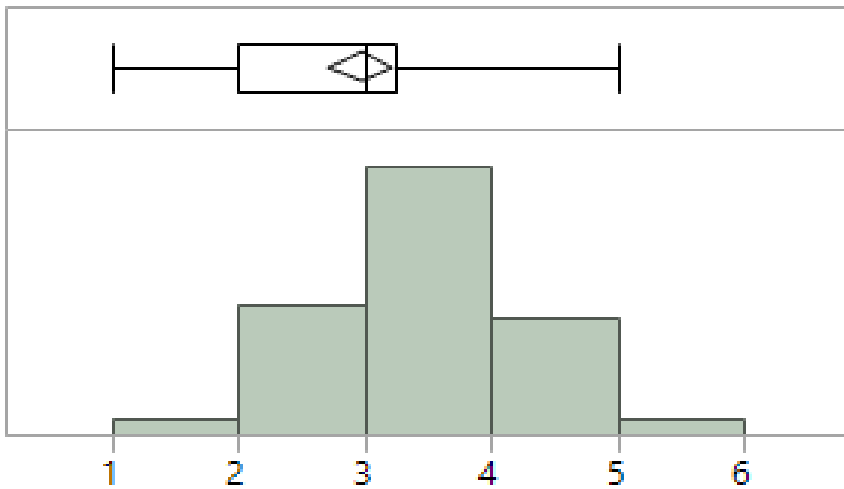
Mean: 2.98
Std Dev: 0.81
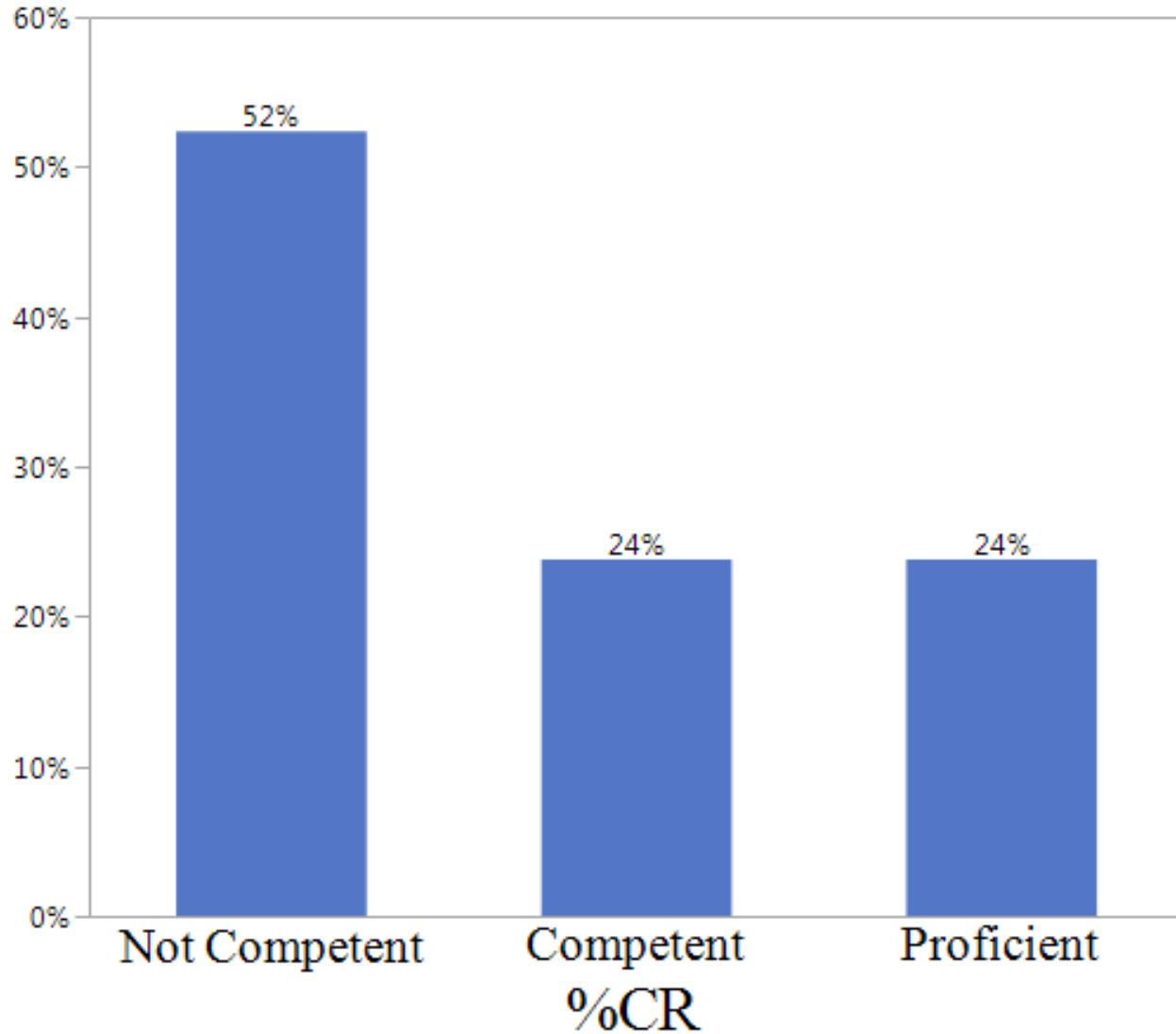Min: 1
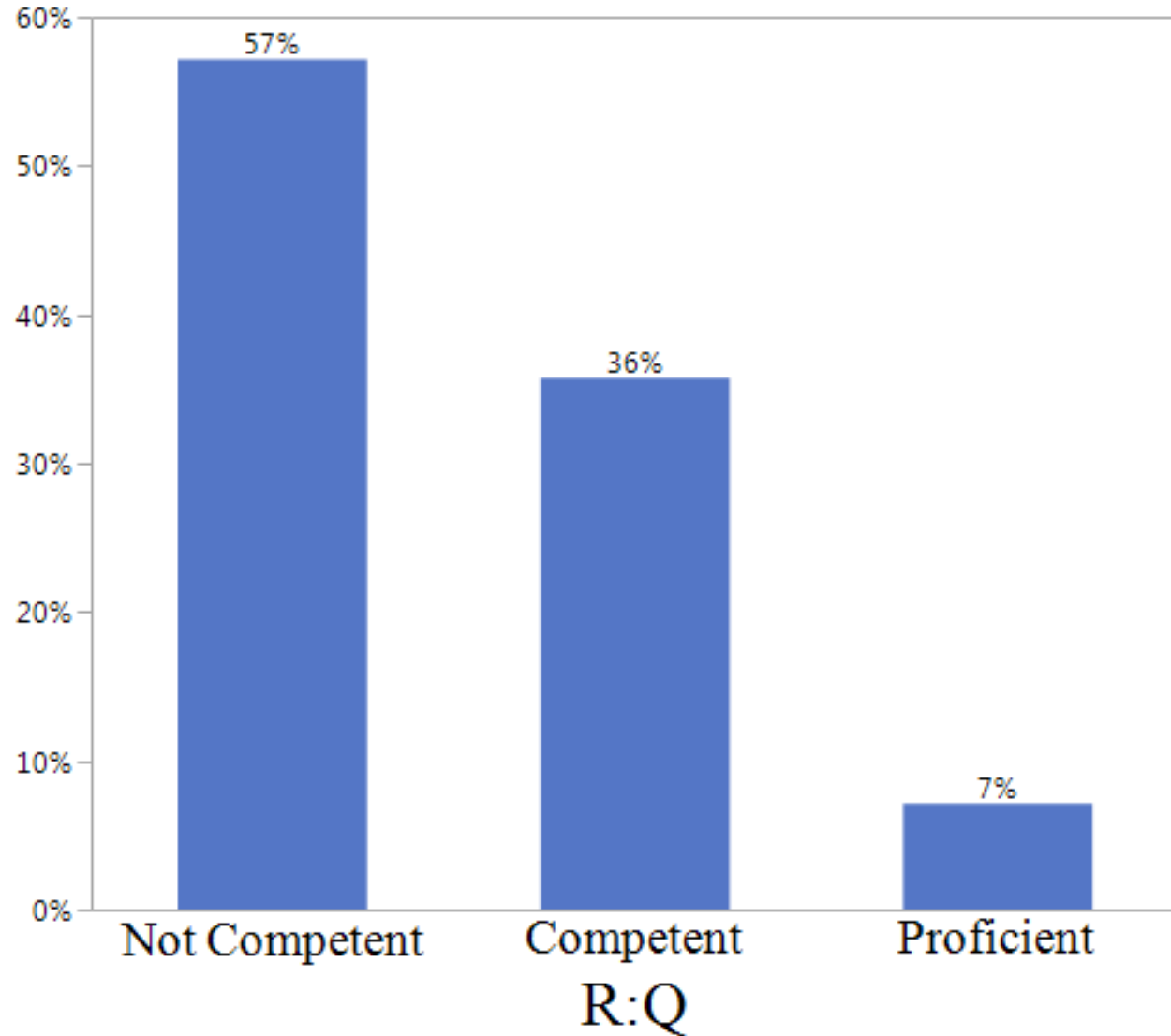Max: 5

Mean: 3.08
Std Dev: 1.11
Min: 1
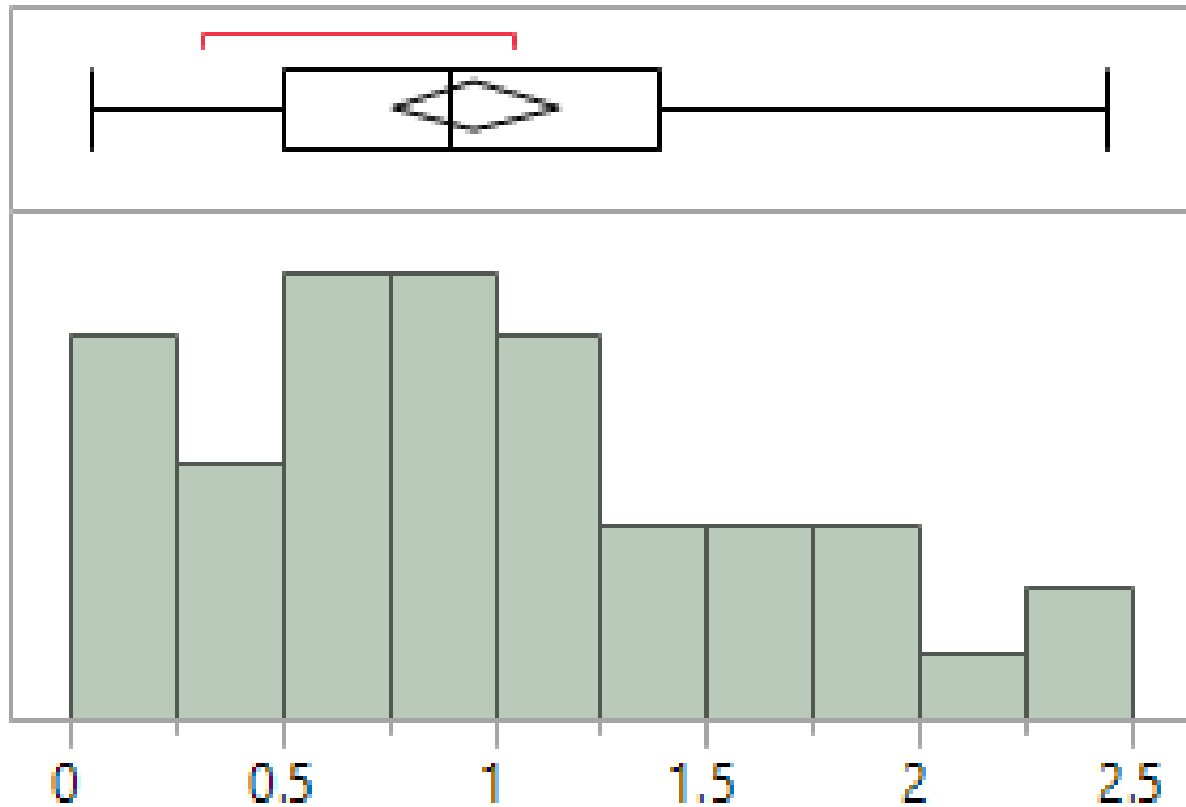Max: 5

TECHNICAL GLOBAL VS RELATIONAL GLOBAL

% CR based on MITI Scoring Level

Reflection to Question Ratio based on MITI Scoring Level
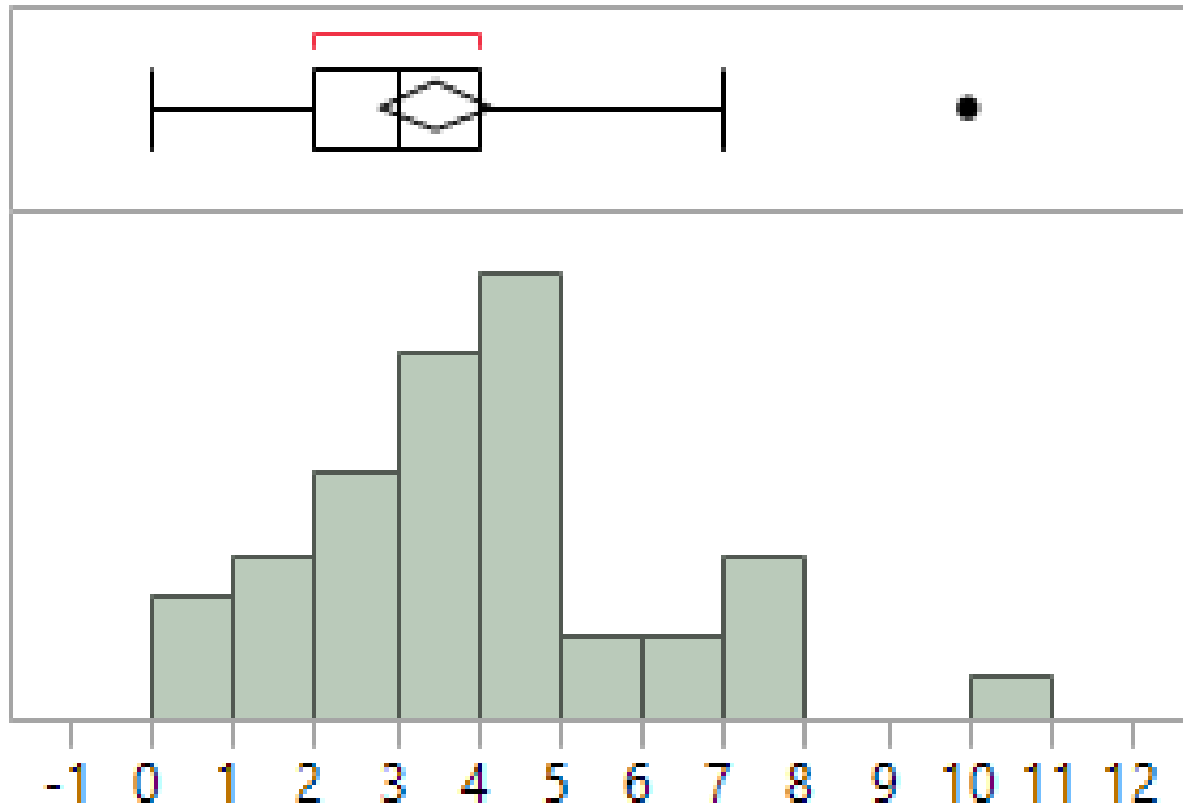
REFLECTION TO QUESTION RATIO

Mean: 0.96
Std Dev: 0.63
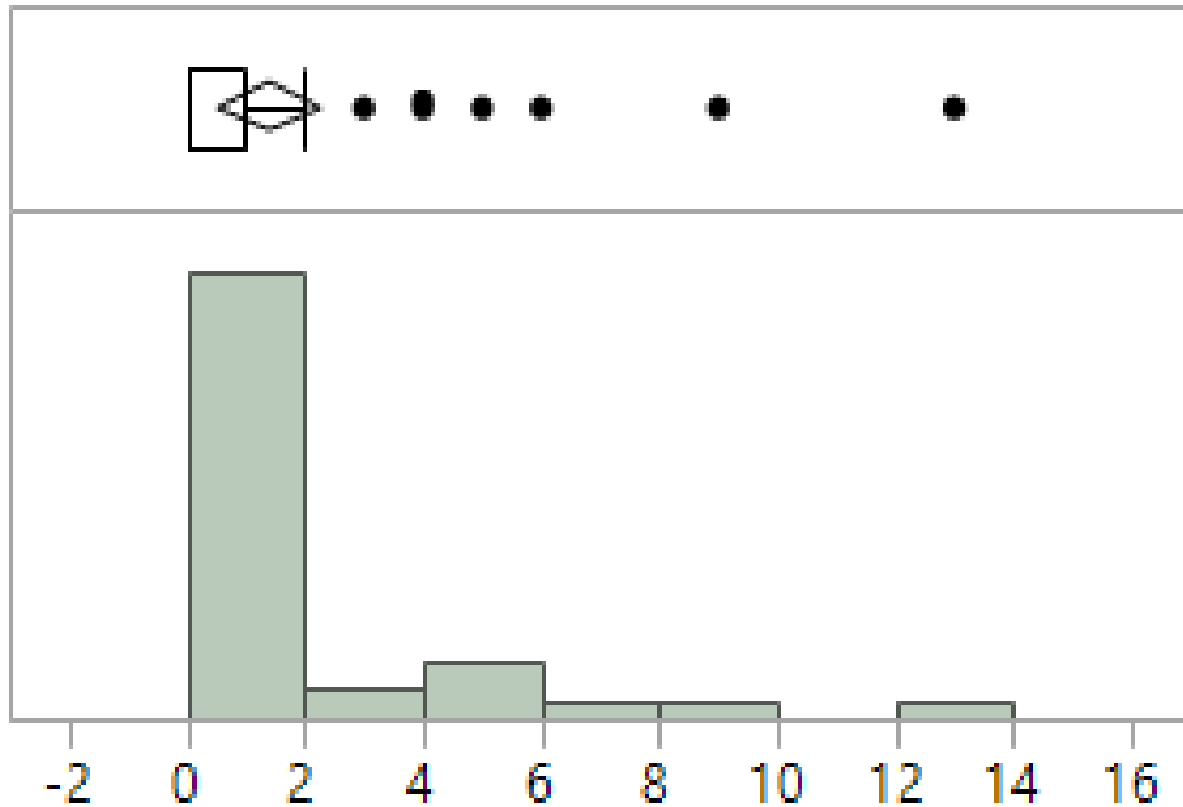Min: 0.05
Max: 2.44

TOTAL MI

Mean: 3.50
Std Dev: 2.14
Min: 0.00
Max: 10.00

TOTAL MINA

Mean: 1.40
Std Dev: 2.73
Min: 0
Max: 13

CORRELATION

	Technical Global	Relational Global	% CR	Total MI	Total MINA	Ratios
Technical Global	1.00	0.68	0.23	0.30	-0.48	0.35
Relational Global	0.68	1.00	0.36	0.21	-0.56	0.34
% CR	0.23	0.36	1.00	-0.07	-0.20	0.41
Total MI	0.30	0.21	-0.07	1.00	-0.04	0.34
Total MINA	-0.48	-0.56	-0.20	-0.04	1.00	-0.27
Ratios	0.35	0.34	0.41	0.34	-0.27	1.00

REFERENCE

- Miller, W. R., & Rollnick, S. (2013). Motivational interviewing: Helping people change (3rd edition). New York: Gilford Press.

THANK YOU