

# Strengthening motivational interviewing skills following initial training: trial of workplace-based reflective practice

**Submission date**  
29/09/2006

**Recruitment status**  
No longer recruiting

☐ Prospectively registered

☐ Protocol

**Registration date**  
29/09/2006

**Overall study status**  
Completed

☐ Statistical analysis plan

☒ Results

**Last Edited**  
05/10/2011

**Condition category**  
Mental and Behavioural Disorders

☐ Individual participant data

## Plain English summary of protocol

Not provided at time of registration

## Contact information

### Type(s)

Scientific

### Contact name

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## Additional identifiers

### Protocol serial number

N0321174862

## Study information

Scientific Title

**Study objectives**

Motivational interviewing (MI) is a counselling intervention to help develop their motivation for change. The aim of this study is to evaluate effective methods of delivering low-cost work place-based MI training that encourages reflective practice to people who have been trained in MI but do not necessarily put it into practice. How can we deliver training to ensure MI is used in the workplace?

**Ethics approval required**

Old ethics approval format

**Ethics approval(s)**

Not provided at time of registration

**Study design**

Randomised controlled trial

**Primary study design**

Interventional

**Study type(s)**

Not Specified

**Health condition(s) or problem(s) studied**

Motivational interviewing/ counselling

**Interventions**

Randomised controlled trial.

Comparison groups:

1. Participants who attend a MI revival meeting (one-day refresher course).
2. Participants who attend a MI revival meeting and In addition receive the 'Twelve Hours to Enhance Motivational Effectiveness' (THEME) workplace-based MI training.

Participants will be assessed before the MI revival meeting and again approximately 4 months later.

**Intervention Type**

Other

**Phase**

Not Specified

**Primary outcome(s)**

Competence in MI will be measured using the motivational interviewing treatment integrity (MITI) code (with behaviour counts of giving information, MI-adherent and non-adherent utterances, open and closed questions, simple and complex reflections and global ratings of MI spirit and empathy).

**Key secondary outcome(s))**

Not provided at time of registration

**Completion date**

30/09/2006

## Eligibility

**Key inclusion criteria**

Any professional who has been through competent training in MI, provided by a trainer recognised by the Motivational Interviewing Network of Trainers (MINT) in the past 10 years. The target total recruitment for there trial is 50 people.

**Participant type(s)**

Patient

**Healthy volunteers allowed**

No

**Age group**

Adult

**Sex**

All

**Key exclusion criteria**

Unlikely to be carrying out clinical work during most of the duration of the project.

**Date of first enrolment**

01/09/2005

**Date of final enrolment**

30/09/2006

## Locations

**Countries of recruitment**

United Kingdom

England

**Study participating centre**

**Core Addiction Services**

Bournemouth

United Kingdom

BH1 4LB

# Sponsor information

## Organisation

Record Provided by the NHSTCT Register - 2006 Update - Department of Health

## Funder(s)

### Funder type

Government

### Funder Name

Dorset Healthcare NHS Trust (UK)

### Funder Name

NHS R&D Support Funding

## Results and Publications

### Individual participant data (IPD) sharing plan

### IPD sharing plan summary

Not provided at time of registration

### Study outputs

Output type	Details	Date created	Date added	Peer reviewed?	Patient-facing?
<a href="#">Results article</a>	results	01/12/2007		Yes	No