

Motivational Interviewing (MI)

SPIRIT of MI

Person-Centered | Collaborative | Caring | Evoking
First Priority: Build Trust and Relationship

THE MI COMMUNICATION PRINCIPLES

1. EXPRESS EMPATHY

"You seem upset, afraid, worried, angry..."

"This must be discouraging for you."

"It sounds as if you're happy with these results."

2. DEVELOP DISCREPANCY

Repeat back pros and cons stated by the person.

Ask thought-provoking questions:

"What would have to happen for you to think about ..."

"What would life be like if you decided to get screened?"

3. ROLL WITH RESISTANCE

Stay focused on the topic; roll with the resistance.

a. Empathize and openly explore

*"It sounds like you're concerned about T1D screening.
Tell me more about that."*

b. Ask to share concern

"May I tell you what concerns me?"

c. If still resistant, reiterate that it is their choice

*"It really is your choice; I am concerned, but only you can
decide for yourself."*

4. SUPPORT SELF-EFFICACY

Encourage and praise; focus on incremental goals and words, not big change.

"That's great that you've decided to get screened."

ELICITING CHANGE TALK/RULERS

"On a scale of 1 to 10, how ready are you to get screened?"*

"On a scale of 1 to 10, how important is it to you to get screened?"*

*REMEMBER TO ANCHOR THE SCALE: 1=NOT AT ALL, 10=VERY

a. *"A '6', that's great; why a 6 and not the minimum, a 1?"*

b. *"What would have to happen for the 6 to become a 7?"*

ASK ABOUT:

• **Benefits of change**

• **Prior successes** at the target or similar health behavior

• **Vision of a future** with the screening results

• **DARN: Desires, Abilities, Reasons, and Needs** for change

ESTABLISH KNOWLEDGE/TOPIC OF RISK/OPTIONS

1. "What have you been told about why people should be screened for early stage T1D?" **(ELICIT)**
2. Affirm, if they know some aspects
3. "May I share additional information about that?" **(PROVIDE)**
4. "What do you think about getting screened now that you know these things?" **(ELICIT)**
OR: "Knowing these things, what goals would you like to set?"
OR: "Knowing these things, what would you like to see happen for you regarding T1D autoantibody screening?"

OPEN-ENDED QUESTIONS

1. "What are your thoughts about T1D screening?"
2. "How would you feel about getting screened?"
3. "Tell me what concerns you most. Tell me more about that."
4. "What do you see as potential benefits of T1D screening?"
5. "If your test shows autoantibodies, how could you remind yourself to come back for a confirmatory test?"
6. "How do you feel about the possibility of your son having T1D autoantibodies since his sister has T1D?"
7. "What are your thoughts about focusing on the first step for now: getting screened?"

ASKING PERMISSION TO GIVE ADVICE/INFO

1. Ask permission to share info/advice:
"I'd like to share some things other people have tried, if you don't mind."
"If it's okay with you, I'd like to share some ideas about that."
"May I make a suggestion?"
2. Give the information and follow with:
"What are your thoughts? How do you feel about that?"

AGENDA SETTING

1. "We can talk about [A], [B], and [C]. Which of these would you like to talk about first?"
2. "Now that we've talked about B, which [A or C] next?"