

MOTIVATIONAL INTERVIEWING (A) QUIZ

The following statements are either consistent with (“true”) or inconsistent with (“false”) a motivational interviewing approach. Indicate your response by circling the appropriate item to the right.

1.	In general, people must accept their problem (for example: “I am an alcoholic/addict.”) before they can successfully change.	True	False
2.	Most people don’t change their health-related behaviors because they don’t know how.	True	False
3.	Practitioners’ expectancies for their patients’ abilities to change have no effect on whether change occurs.	True	False
4.	Resistance is best thought of as a product of the interpersonal context.	True	False
5.	Patients who are non-compliant don’t really care about their health.	True	False
6.	It is my job as a professional to tell the patient what his or her goals should be and how to meet those goals.	True	False
7.	If a patient is not ready to change there is nothing I can do.	True	False
8.	In making behavior changes, the patient’s perspective is more important than my professional expertise or knowledge.	True	False
9.	Most people don’t change their health-related behaviors because they don’t know enough about the dangers of not changing.	True	False
10.	Practitioners should emphasize a patient’s personal choice over his/her behaviors, even if those behaviors put his/her health at risk.	True	False
11.	Workshops are the best way to develop MI proficiency	True	False
12.	Everyone has skills, knowledge, and attitudes that can help them develop in the direction of greater health.	True	False
13.	Warning patients about the risks of their behavior and providing education is the best way to motivate them.	True	False
14.	Readiness to change is the patient’s responsibility – no one can help them until they decide they are ready.	True	False
15.	One useful way to motivate people is to help them resolve their ambivalence about change.	True	False
16.	The best helpers simply follow where the patient wants to lead.	True	False
17.	If a patient is resistant to making behavior changes, direct confrontation and persuasion are required to help the person change.	True	False
18.	One of the best ways to help people make changes is to listen to them.	True	False
19.	The skills and strategies I use are more important than the style way I interact with the patient.	True	False
20.	Effective helpers gently guide a conversation to a focus on healthy changes.	True	False
21.	Practitioners are generally able to assess their own skillfulness in MI	True	False
22.	When it comes to making changes, talk is cheap. It isn’t meaningful until the patient actually changes.	True	False