

Motivational Interviewing

Review 13

Smedslund, G., Berg, R. C., Hammerstrøm, K. T., Steiro, A., Leiknes, K. A., Dahl, H. M., & Karlsen, K. (2011). Motivational interviewing for substance abuse. *Cochrane Database of Systematic Reviews*, Issue 5, Art. No. CD008063. PubMed abstract available at <http://www.ncbi.nlm.nih.gov/pubmed/21563163>.

Objectives	Assess the effectiveness of MI as a primary or support intervention for the treatment of substance abuse, retention in treatment, readiness to change, and number of repeat convictions.
Studies Included	Fifty-nine U.S. and international studies published between 1993 to 2010
Participants in the Studies	Adults and youth with substance abuse dependence or addiction but not misuse
Settings	Outpatient treatment centers, hospital inpatient and emergency departments, primary care clinics, Veterans Affairs health care organizations, clinical research sites, universities
Outcomes	Substance use abstinence, reduction in substance abuse, retention in treatment, improved motivation in change, number of repeat convictions
Limitations of the Studies	Conclusions of the studies were affected by poor design quality, risks of bias in the study design, unclear randomization procedures, lack of blinding of participants or providers, and potential incomplete or selective outcome reporting. Included studies did not provide enough data to make conclusions on the effects of MI on treatment retention, readiness to change, or repeat conviction.

Results

The review results were presented as four areas of comparison: MI compared to no intervention, MI compared to treatment as usual, MI compared to assessment and feedback, and MI compared to another active intervention. There were no significant differences between MI and treatment as usual, or assessment and feedback, or another active intervention. However, MI demonstrated a significant effect on substance abuse when compared with participants who did not receive any treatment. The findings of this review suggest that while MI is effective in reducing substance abuse, other active treatments may be equally efficacious.