

## Motivational Interviewing

### Review 7

Hettema, J., Steele, J., & Miller, W. R. (2005). Motivational interviewing. *Annual Review of Clinical Psychology, 1*, 91–111. PubMed abstract available at <http://www.ncbi.nlm.nih.gov/pubmed/17716083>.

<b>Objectives</b>	Summarize the evidence base for MI, drawing data primarily from controlled clinical trials in behavioral health domains including alcohol, smoking, HIV/AIDS, drug abuse, gambling, water purification and safety, eating disorders, and diet and exercise.
<b>Studies Included</b>	Seventy-two U.S. and international studies published from 1988 to 2004
<b>Participants in the Studies</b>	Males and females aged 16–62
<b>Settings</b>	After-care outpatient clinics, inpatient facilities, educational settings, community organizations, general practitioner offices, prenatal clinics, emergency rooms, employee assistance programs halfway houses, custodial settings
<b>Outcomes</b>	Alcohol use, substance use, HIV/AIDS knowledge, treatment compliance, water purification and safety practices, eating disorder symptoms, diet and exercise health behaviors, smoking abstinence
<b>Limitations of the Studies</b>	The authors found few studies detailed how clinician training was conducted, provided documentation of MI implementation fidelity, or included process measures related to outcomes. There was wide variability in effect sizes across trials, even within problem areas, suggesting variation in the delivery of MI can have substantial effects on outcomes.

### Results

The authors found that 38 of the 72 studies reviewed showed significant effects favoring MI across the addictions and health behavior domains. The strongest evidence base for MI as a stand-alone intervention was for substance abuse, particularly in ethnic minority study samples. Positive effects for MI were also found on water purification and safety technology and on diet and exercise program adherence. The single study on eating disorder behavior did not find a significant difference between MI and brief behavior therapy. This review found inconsistent effects for HIV risk reduction, and it appears that to date MI has been unsuccessful in producing smoking cessation. MI is useful as a brief intervention and appears to improve health outcomes and persist over time when added to another treatment approach.