

Motivational Interviewing

Review 9

Jensen, C. D., Cushing, C. C., Aylward, B. S., Craig, J. T., Sorell, D. M., & Steele, R. G. (2011). Effectiveness of motivational interviewing interventions for adolescent substance use behavior change: A meta-analytic review. *Journal of Consulting and Clinical Psychology, 79*(4), 433–440. PubMed abstract available at <http://www.ncbi.nlm.nih.gov/pubmed/21728400>.

Objectives	Summarize the evidence base for the effectiveness of MI interventions used to promote substance use behavior change in adolescents.
Studies Included	Twenty-one U.S. studies published from 1998 to 2009
Participants in the Studies	Community-based sample of adolescents from diverse racial and ethnic groups
Settings	Hospitals, emergency rooms, primary care clinics, juvenile detention centers
Outcomes	Illegal drug use, tobacco use, alcohol use, marijuana use, multiple drug use, drinking and driving
Limitations of the Studies	Studies were primarily conducted using community samples, so findings do not generalize to adolescents with clinical diagnoses who may require more robust interventions. Some studies did not include a racially diverse sample. Assessments of bias were not conducted at the individual study level, and this limitation may have caused an overestimation of MI effectiveness. Only a few studies reported on treatment fidelity.

Results

This review found small but significant effect sizes across substance use outcomes for tobacco, alcohol, marijuana, and illicit drug use in short- and long-term follow-up points. Of the 21 studies included in this review, 13 were brief interventions with 1 session of MI, and 8 provided multiple sessions of MI ranging from 2 to 9 sessions. Follow-up assessment points ranged from 1 to 24 months, and 4 of the 21 studies provided follow-up assessments greater than 6 months. MI intervention delivery for the included studies was facilitated by master’s- and doctoral-level clinicians, addiction counselors, public health workers, and other health professionals trained in MI techniques. The findings from this review are consistent with previous meta-analyses demonstrating the overall effectiveness of MI interventions targeting substance use behaviors. Studies evaluating the effectiveness of MI for adolescents are just emerging; however, considering these findings, MI should be considered as a treatment for adolescent substance use.