

Motivational Interviewing Supervision and Training Scale

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WHY MISTS WAS Developed

- Integrity with which MI is implemented has been questioned
- Supervision using observation & objective feedback necessary
- Measures exist
- Need for enhanced clinical utility

MISTS Purpose

- Assist training & supervision of therapists implementing Tx utilizing MI as a core element
- Assess frequency and quality a therapist demonstrates the principles & strategies of MI
- Based on MISC
- Enhanced clinical utility

Description

- Behavioral count section
 - Completed during session review
 - Record & classify therapist statements (e.g., reflections, questions, affirmation)
- Global rating section
 - Completed after reviewing session
 - 16 items rated on 7 point Likert type scale

MISTS Cont'd

- Time to complete
 - Bx Count = session/segment length
 - Global ratings = 1-4 minutes
- Global rating 1-7 scale with anchors at 1, 4, & 7

Inter-rater Reliability

- MISTS Total
 - ($\rho^2 = .79$) Excellent*
- YACS
 - ($\rho^2 = .82$) Excellent*

*Classification of clinical significance according to Cicchetti (1994)

Reliability analyzed using Generalizability Theory

Intraclass Correlation for Individual MISTS Items

Item	ICC	Classification*
1. Questions	.71	Good
2. Simple Reflection	.55	Fair
3. Complex Reflection	.41	Fair
4. Affirming	.81	Excellent
5. Summarization	.73	Good
6. Engaging Client	.46	Fair
7. Elicits/reinforces Change Talk	.65	Good
8. Addresses Ambivalence	.45	Fair
9. Rolls with Resistance	.55	Fair
10. Collaborating with Client	.68	Good
11. Supports Self Efficacy	.74	Good
12. Use of Active Listening Skills	.71	Good
13. Sequence of MI	.71	Good
14. Spirit of MI	.66	Good
15. Response of Client	.70	Good
16. Effectiveness of Therapist	.76	Excellent

*Classification according to Cicchetti (1994).

Validity

Subscale	r	r ²
<u>Convergent</u>		
Assess	.29*	.08
Support	.72**	.52
Goals	.70**	.49
<u>Discriminant</u>		
Clinical Management	.15	.02
12-Step Facilitation	-.27	.07
Cognitive Behavioral Management	.53**	.28

* p = .05. ** p = .01

Problems Identified

- Variability in inter-rater reliability across MISTS items
- Complex concepts to define
 - Multidimensional behavioral anchors
 - Insufficient training of raters

Implications

- Training & Supervision
 - Facilitate supervision sessions
 - Provides an objective evaluation of MI
 - Visual display of MI skills
 - Compare supervisor & supervisee ratings
- Research
 - Treatment monitoring
 - Support process evaluations

Currently Revising

- Deconstructing item specific behavioral anchors to reduce multidimensionality
 - Develop additional items
 - Instill hope, acceptance, respect, missed opportunities
- Revise manual
 - Clearer definitions
 - Decision rules
 - Examples

MISTS Exercise

MISTS Instructions

- During Session:
 - Write a brief synopsis of therapist statement
 - Classify each using the MISTS Bx Chart
 - Don't forget missed opportunities
- After Session
 - Rate each item using the item specific behavior anchor

Questions & Discussion

Related References

Madson, M. B., Campbell, T. C., Barrett, D. E., Brondino, M. J., & Melchert, T. P. (2005). Development of the Motivational Interviewing Supervision and Training Scale. *Psychology of Addictive Behaviors, 19*, 303-310.

Madson, M. B., & Campbell, T. C. (2006). Measures of fidelity in motivational enhancement: A systematic review. *Journal of Substance Abuse Treatment, 31*, 67-73

Contact Information

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MIST & raters manual available at:

Consortium for the training, study and application of MI website to be launched soon