



Resident Name: _____ Date: _____ Instructor: _____

Motivational Interviewing Skill Rating Worksheet¹

Circle the rating that best applies to each skill.

EVOCATION				
Low		High		
1	2	3	4	5
Resident gives patient reasons they need to change, and does not explore patient's knowledge, efforts, or motivation	Resident gives information without exploring patient's ideas	Resident shows no interest in patient's reasons for making change or plans to change. Provides generic information	Resident accepts patient's reasons for change. Does not educate or direct if patient resists	Resident works proactively to evoke patient's own reasons for change and ideas about how the change should happen
COLLABORATION				
Low		High		
1	2	3	4	5
Resident assumes the expert role throughout the interview	Resident is distracted or impatient with the patient	Resident incorporates patient's perspective, but not consistently	Resident fosters collaboration so that the patient is contributing ideas	Resident actively involves the patient so that the patient significantly influences the course of the discussion
AUTONOMY/ SUPPORT				
Low		High		
1	2	3	4	5
Resident actively rebuts patient's choices and denies their control	Resident discourages patient from making decisions	Resident is neutral toward patient's autonomy and choice	Resident accepts and supports patient's autonomy	Resident actively encourages patient's autonomy so that patient generates solutions
EMPATHY				
Low		High		
1	2	3	4	5
Resident has little or no interest in the patient's perspective	Resident's efforts to understand the patient's perspective are sporadic and interpretations inaccurate	Resident is trying to understand the patient's perspective, but is only somewhat successful	Resident makes clear effort to understand patient's perspective	Resident shows evidence of true understanding of patient's perspective

Comments:

1. Adapted from: T.B. Moyers, T. Martin, J.K. Manuel, W.R. Miller, 2003. *The Motivational Interviewing Treatment Integrity (MITI) Code*. Version 2.0. (2003) Available: <http://casaa.unm.edu/download/miti.pdf>. Retrieved May 28, 2014.