

University of Groningen

## Observations of one-on-one conversations between residential care workers and adolescents: A Motivational Interviewing based study

Eenshuistra, Annika; Harder, Annemiek T.; Knorth, Erik J.

**IMPORTANT NOTE:** You are advised to consult the publisher's version (publisher's PDF) if you wish to cite from it. Please check the document version below.

*Publication date:*  
2016

[Link to publication in University of Groningen/UMCG research database](#)

*Citation for published version (APA):*

Eenshuistra, A., Harder, A. T., & Knorth, E. J. (2016). *Observations of one-on-one conversations between residential care workers and adolescents: A Motivational Interviewing based study*. Paper presented at EUSARF 2016, Oviedo, Spain.

### Copyright

Other than for strictly personal use, it is not permitted to download or to forward/distribute the text or part of it without the consent of the author(s) and/or copyright holder(s), unless the work is under an open content license (like Creative Commons).

The publication may also be distributed here under the terms of Article 25fa of the Dutch Copyright Act, indicated by the "Taverne" license. More information can be found on the University of Groningen website: <https://www.rug.nl/library/open-access/self-archiving-pure/taverne-amendment>.

### Take-down policy

If you believe that this document breaches copyright please contact us providing details, and we will remove access to the work immediately and investigate your claim.

*Downloaded from the University of Groningen/UMCG research database (Pure): <http://www.rug.nl/research/portal>. For technical reasons the number of authors shown on this cover page is limited to 10 maximum.*



# Motivational Interviewing: Observations of one-on-one conversations between residential care workers and adolescents

Department of Special Needs Education and Youth Care

Annika Eenshuistra

Annemiek Harder

Erik J. Knorth

EUSARF Conference, September 14, 2016

Adolescent: "I like to smoke weed every day"

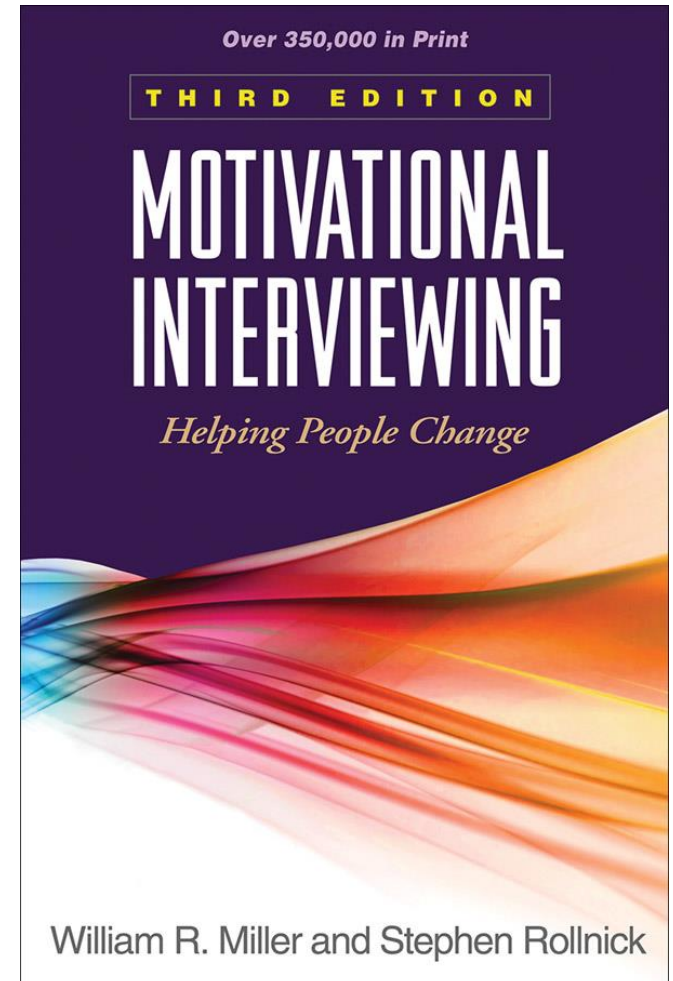
~~Care worker: "It is unhealthy to smoke weed, so it is better for you to quit"~~

Care worker: "Would it be alright if we spend some time discussing the risks of smoking weed?"



# Motivational Interviewing (MI)

MI is a “collaborative conversation style for strengthening a person’s own motivation and commitment to change”  
(Miller & Rollnick, 2013, p. 12)



# Why MI in residential youth care?

- Fits very well with adolescents  
(focus on autonomy and motivation for change)
- Can improve alliances with adolescents  
(focus on treatment skills of professionals)
- Can improve long-term outcomes  
(focus on evoking intrinsic motivations for change)

(Eenshuistra et al., 2016; Markland et al., 2005;  
Harder et al., 2015)

# Method: Research design study

Audio recordings  
of one-on-one  
conversations between  
care workers and  
adolescents

**T<sub>0</sub>**  
Before the MI training

MI training

Audio recordings  
of one-on-one  
conversations between  
care workers and  
adolescents

**T<sub>1</sub>**  
After the MI training

# MITI: professionals (Moyers et al., 2016)

## MI adherent behavior

- *Affirm*: “Well, it’s great that you want to go to school again, because you did not go to school for a while.”
- *Seeking Collaboration*: “What can I do for you?”
- *Emphasizing Autonomy*: “But David, only if you want it.”
- *Persuade with permission*: “What do you think of saving money?”

# MITI: professionals (Moyers et al., 2016)

## MI non-adherent behavior

- *Persuade without permission*: “That’s the spirit that you need to keep up.”
- *Confront*: “I don’t believe that.”

## Other behavior counts:

- *Giving Information*: gives the client neutral information
- *Questions*: that are asked to the client
- *Reflection*: they essentially capture and return to clients something about what they have just said.
- *Other*: among others utterances that have a structuring function or a combination of a reflection and a question



# **MISC: youth** (Houck et al., 2013)

- **Change talk (CT)**

“What I want is just my old life back without the negative things.”

- **Sustain talk (ST)**

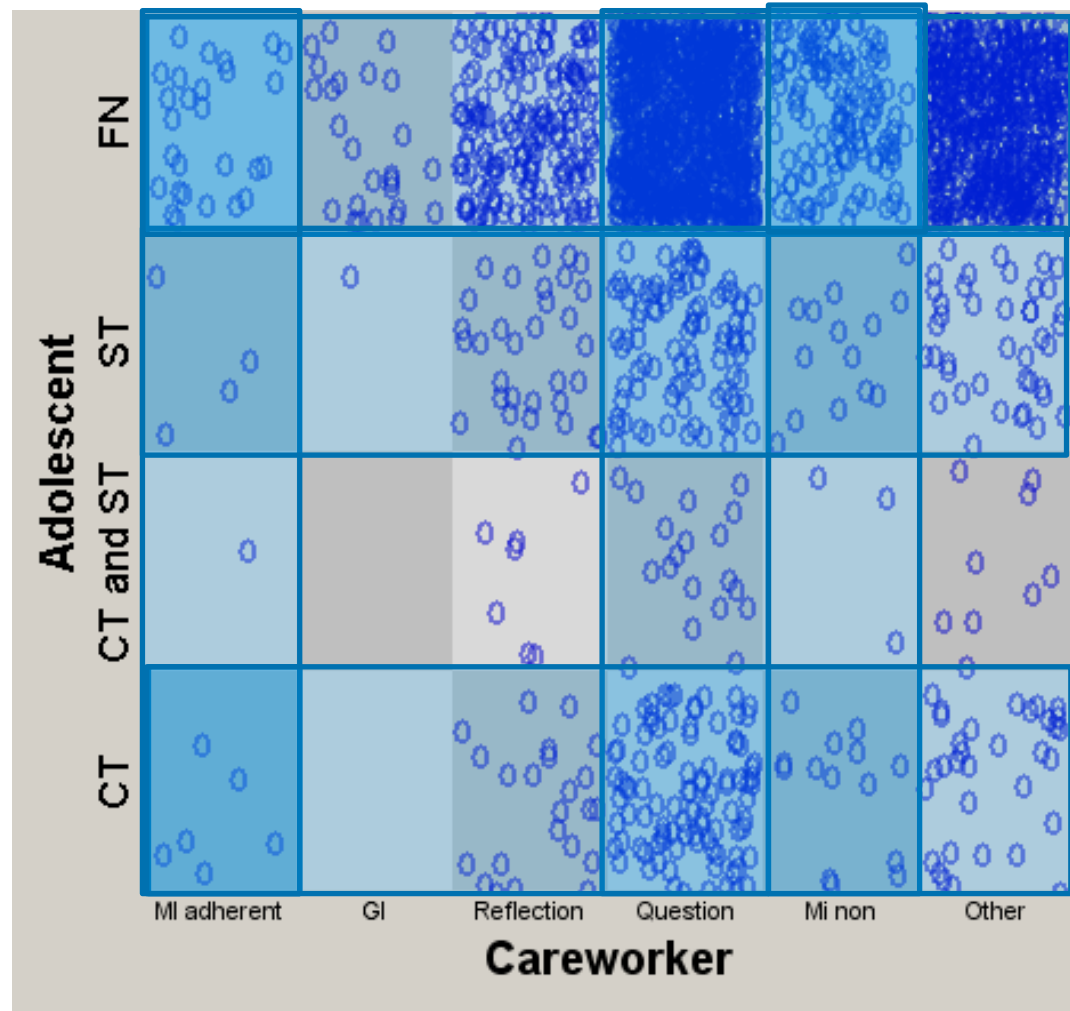
“I don’t want to go to school anymore.”

- **Follow/Neutral/Ask (FN)**

“Yes/no”

“What do you mean?”

# Results: care worker-adolescent dyads



*Note.* CT = Change Talk, ST = Sustain Talk, FN = Follow/Neutral/ask a question, GI = Giving Information, MI non = MI non-adherent

## Fragment: MI non-adherent behavior and neutral response

Adolescent: I don't talk a lot with my parents anyway.

Care worker: No. Why is that? *[Question]*

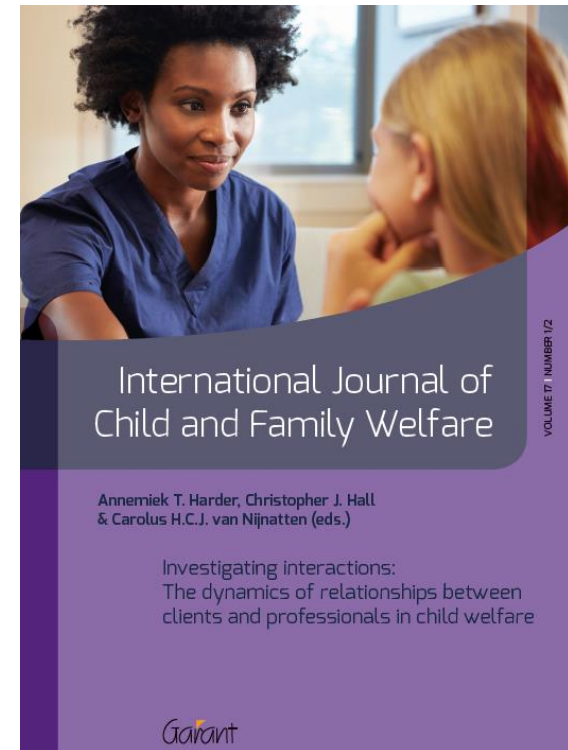
Adolescent: I don't know. Besides I was alone, yes I actually have never done that a lot, talking a lot with my parents. *[Follow/Neutral]*

Care worker: Ok, but these are very important things to discuss, I think. *[Persuade without permission]*

Adolescent: Yes *[Follow/Neutral]*

# Main results and implications

- Care workers often use MI non-adherent behaviors
- Adolescents mostly reply neutrally to care workers
- Focus on *(behavior)change* during one-on-one conversations with adolescents
- Provide *MI training* for residential care workers
- Study the *implementation and effectiveness* of such MI training in residential youth care practice





# Thank you for your attention

Contact:

Annika Eenshuistra / [a.eenshuistra@rug.nl](mailto:a.eenshuistra@rug.nl)

Annemiek Harder / [a.t.harder@rug.nl](mailto:a.t.harder@rug.nl)

# References

- Eenshuistra, A., Harder, A. T., Van Zonneveld, N. L., & Knorth, E. J. (2016). Look who's talking: A Motivational Interviewing based observation study of one-on-one conversations between residential care workers and adolescents. *International Journal of Child and Family Welfare*, *17*(1/2), 64-84.
- Harder, A.T., Knorth, E.J. & Kalverboer, M.E. (2015). Risky or needy? Characteristics of adolescents in secure residential youth care. *International Journal of Offender Therapy and Comparative Criminology*, *59*(10), 1047-1065.  
doi:<http://dx.doi.org/10.1177/0306624X14531036>
- Houck, J. M., Moyers, T. B., Miller, W. R., Glynn, L. H., & Hallgren, K. A. (2013). *Motivational interviewing skill code (MISC) 2.5*. Retrieved from from the Center on Alcoholism, Substance Abuse and Addictions.  
<http://casaa.unm.edu/download/misc25.pdf>.
- Markland, D., Ryan, R. M., Tobin, V. J., & Rollnick, S. (2005). Motivational interviewing and self-determination theory. *Journal of Social & Clinical Psychology*, *24*(6), 811-831.  
doi:<http://dx.doi.org/10.1521/jscp.2005.24.6.811>
- Miller, W. R., & Rollnick, S. (2013). *Motivational interviewing: Helping people change* (Third edition). New York/London: Guilford Press.
- Moyers, T. B., Rowell, L. N., Manuel, J. K., Ernst, D., & Houck, J. M. (2016). The motivational interviewing treatment integrity code (MITI 4): Rationale, preliminary reliability and validity. *Journal of Substance Abuse Treatment*,  
doi:<http://dx.doi.org/10.1016/j.jsat.2016.01.001>