

Why Use MI?

There are several reasons to use Motivational Interviewing; the most compelling however, are the following research outcomes:

- Several Hundred Outcome Studies - below are total number of publications:
 - 172 in 2009
 - 131 in 2008
 - 54 in 2007
- Through this research, we know that MI plus “*active treatment*” works exceptionally well.
 - Active treatment can include MI plus:
 1. nutrition education
 2. physical therapy
 3. exercise program/support
 4. general health education
- We also know that there is a larger effect size (i.e. works better with) with minority samples than with Anglo/White samples.
 - We think this outcome is true because
 - MI is congruent with cultural values of many minority populations.
 - The power hierarchy is diminished when engaging in MI.
- We also know that the very first meeting matters, and that **MI makes a difference in just one 15-minute interaction.**

