

Fidelity to MI in brief intervention with young people and subsequent cannabis cessation



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Addictive Behaviors

Fidelity to Motivational Interviewing and subsequent cannabis cessation among adolescents

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ARTICLE INFO

Keywords:

Motivational Interviewing

Process

Cannabis

Adolescents

Brief intervention

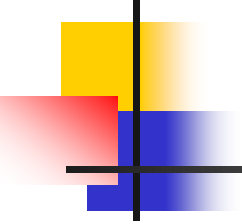
ABSTRACT

This study tested whether differences in cannabis cessation 3 months after a single session of Motivational Interviewing (MI) may be attributable to fidelity to MI. All audio-recordings with necessary data ($n = 75$) delivered by four individual practitioners within a randomised controlled trial were analysed. Participants were weekly or more frequent cannabis users aged 16–19 years old in secondary schools and colleges. All tapes were coded with the Motivational Interviewing Treatment Integrity (MITI) by 2 coders. Satisfactory inter-rater reliability was achieved. Differences between and within practitioners in fidelity to MI were consistently detected. After controlling for practitioner effects, Motivational Interviewing spirit and the proportion of complex reflections, were independently predictive of cessation of cannabis use. Other aspects of fidelity were associated with outcome. Two particular aspects of enhanced fidelity were predictive of subsequent cannabis cessation 3 months after a brief intervention among young people.

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1. Introduction

what extent so-called brief motivational interventions are effective in promoting fidelity to both the principles and practice of MI. Process studies

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- *Aim:* To test whether differences in cannabis cessation 3 months after a single session brief intervention comprising MI adapted for prevention purposes among young people may be attributable to fidelity to MI
 - Are 'drugs' different to alcohol & smoking?



Methods 1

- Participants were weekly or more frequent cannabis users aged 16-19 years old in Further Education colleges
- Study of all audio-recordings with necessary 3-month follow-up data (n=75) delivered by four individual practitioners within a RCT
- All tapes coded with MITI v2 by 1 of 2 coders



Methods 2

- 20% random sample MITI double coded
- IRR for MITI and this BI established:
 - 6 excellent; 2 good; 1 fair
- Practitioner (both between and within) variability statistically controlled in hierarchical models



Findings 1

- Non-significant differences in outcome among all 4 practitioners
- Practitioner 1 higher crude cessation rates than 2-4; 50% cp 21-27%; $\chi^2 [1] = 4.79$, $p=0.029$
- Practitioner effect (ICC) too small to be estimated in hierarchical model - behaviour very different in different sessions



Summary MITI data

<i>Practitioner</i>	1	2	3	4	F=	p=
Empathy	5.30 (0.92)	5.20 (0.83)	3.54 (1.35)	5.91 (0.70)	18.54	<0.0001
Spirit	4.55 (1.28)	5.15 (0.99)	3.79 (1.47)	5.09 (1.38)	4.84	0.004
Reflections/questions ratio	0.71 (0.23)	0.91 (0.25)	0.47 (0.10)	0.79 (0.27)	17.04	<0.0001
% Complex reflections	63.8 (19.0)	48.4 (14.1)	42.1 (15.8)	60.0 (13.6)	7.90	0.0001
% Open questions	33.5 (6.7)	45.8 (5.8)	29.9 (5.9)	33.0 (6.9)	25.56	<0.0001
% MI adherent	58.5 (19.9)	78.9 (35.9)	72.8 (32.3)	84.4 (22.7)	2.44	0.073



Crude MITI – cessation data

	Ceased use (n=23)	Continued use (n=52)	t=	p=
Empathy	5.17 (1.15)	4.63 (1.41)	1.61	0.113
Spirit	5.04 (1.11)	4.33 (1.45)	2.11	0.038
Reflections/questions ratio	0.71 (0.22)	0.70 (0.29)	0.19	0.847
% Complex reflections	0.60 (0.21)	0.49 (0.16)	2.46	0.016
% Open questions	0.35 (0.09)	0.36 (0.09)	0.17	0.866
% MI adherent	0.73 (0.29)	0.72 (0.30)	0.17	0.864



Cannabis cessation outcome model

(interaction term not significant)

	Odds ratio (95% CI)	p-value
Spirit	1.57 (1.30-1.90)	<0.001
% Complex reflections	34.64 (1.79-671.29)	<0.001



Interpretation 1

- The threat of confounding by unmeasured variables; it may be that it was more straightforward for practitioners to manifest MI spirit and formulate more complex reflections in sessions with study participants who were more likely to subsequently cease cannabis use



Interpretation 2

- Relatively low MITI levels – multiple behaviour BI, cross-cultural differences or simply poor practice?
- Empirical support for combination of spirit and technique obviously appealing
- Not found in this study as effects were independent of each other



Interpretation 3

- MITI competence thresholds not been empirically validated
- Guidance on expert levels of complex reflection?
- Extends wider findings of post-session impact
- 'Drugs' not different



- Thank you...

and the Wellcome Trust, Big Lottery
fund and Action on Addiction