

## Motivational interviewing checklist

**Please observe the video recording of the consultation and look for the following aspects that are key to motivational interviewing. Comment on how well you think you attended to each of these:**

- Exploration of patients' thoughts and feelings about the good and not so good things about the issue- eg being overweight, smoking or drinking harmfully. *"What do you like about drinking? Is there anything you don't like about drinking?" Please comment.*
- The use of reflective listening and then summarise back eg *"so it seems on the one hand it's ..... and on the other it's....."* Please comment
- Showing respect and willingness to understand patient's perspective. Don't need to agree, but do not show disapproval or blame. *Please comment*
- Giving of accurate relevant health information. *Please comment*

