Motivational Interviewing in MMT

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• This program has received financial no support.

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  - None
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  - Other: None
MITIGATING POTENTIAL BIAS

The content described in this presentation, motivational interviewing, is unrelated to any funding that has been acquired in the previous 5 years.
Motivational Interviewing

3 Definitions
Motivational interviewing is a collaborative conversation to strengthen a person’s own motivation for and commitment to change.
Motivational interviewing is a person-centered counseling method for addressing the common problem of ambivalence about change. It has a small to medium effect size.
Motivational interviewing is a collaborative, goal-oriented method of communication with particular attention to the language of change. It is designed to strengthen an individual’s motivation for and movement toward a specific goal by eliciting and exploring the person’s own arguments for change.
Research publications evaluating MI effectiveness have been doubling every three years.
MI Applications

- Public health & workplace
- Sexual health
- Dietary change
- Weight management
- Voice therapy
- Gambling
- Physical activity
- Stroke rehab
- Chronic pain
- Medication adherence
- Diabetes
- Mental health
- Addictions
- Fibromyalgia
- Chronic leg ulceration
- Self-care
- Criminal justice
- Vascular risk
- Domestic violence

Anstiss, 2009
A Causal Chain for MI

Therapist MI-consistent speech

Increased client change talk

Improved treatment outcomes

Moyers et al., 2009
Four Processes in MI

Engaging
Focusing
Evoking
Planning

Miller and Rollnick, 2013, p. 26
Four Processes in MI

1. **Engaging**: The relational foundation.
2. **Focusing**: Clarify directions: What is the horizon?
3. **Evoking**: The person’s own arguments for change.
4. **Planning**: Developing commitment to change + formulating a plan of action.

“Planning is the clutch that engages the engine of change talk” (p.30)

Miller and Rollnick, 2013
The Spirit of MI

- Compassion
- Acceptance
- Partnership
- Evocation
Motivational Interviewing

MICROSKILLS

Open-ended questions
Affirmation
Reflection
Summarize
- Open ended questions
- Affirming
- Reflecting
- Summarizing

**RELATIONSHIP**

- Readiness
- Rewards
- Risks
- Roadblocks
- Resist the Righting Reflex
Motivational Interviewing and MMT
Benefits of MMT

• Decreased illicit drug use
• Decreased criminal activity
• Improved employment rates
• Improved psychological status
• Decreased mortality
Components of MMT

- Methadone
- Counseling
- Urine drug screens
- Medical care
Motivational Interviewing and MMT

**Outcome:** Drug avoidance self-efficacy:

- 6 MMT clinics randomly matched into 3 pairs based on # of clients and retention rates
- Randomized to receive:
  1. MMT CARE – 2 brief motivational interviewing sessions in a one-on-one format, or
  2. Standard Care – Regular training on MMT related to policies, procedures, and side-effect management

Li et al., 2013
Motivational Interviewing and MMT

<table>
<thead>
<tr>
<th>Intervention Effect</th>
<th>Drug Avoidance Self-Efficacy&lt;sup&gt;1&lt;/sup&gt;</th>
<th>Heroin Use Past Month or Positive Urine Results&lt;sup&gt;2&lt;/sup&gt;</th>
</tr>
</thead>
<tbody>
<tr>
<td>3-Months</td>
<td>2.93 (0.94 – 4.92) *</td>
<td>0.26 (0.08 – 0.79) *</td>
</tr>
<tr>
<td>6-Months</td>
<td>1.54 (-0.78 – 3.85)</td>
<td>0.79 (0.25 – 2.47)</td>
</tr>
<tr>
<td>9-Months</td>
<td>1.25 (-1.17 – 3.68)</td>
<td>0.36 (0.12 – 1.14)</td>
</tr>
</tbody>
</table>

* Significant at P<0.05

1 Estimated difference in change from baseline between intervention and standard care
2 Odds ratio

Li et al., 2013
Wait, Not So Fast!
Motivational Interviewing and MMT

- **Outcome:** Crack cocaine use:
  - 29 participants from Methadone Maintenance Clinic in South London
  - Randomized to receive:
    1. Intervention – Receive single session of motivational interviewing, or
    2. Usual treatment – Information on crack cocaine use

Mitcheson et al., 2007
Motivational Interviewing and MMT

<table>
<thead>
<tr>
<th></th>
<th>Usual Treatment (n = 12)</th>
<th>Intervention (n = 17)</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Before</td>
<td>After</td>
</tr>
<tr>
<td>Daily Amount (‘Rocks’)</td>
<td>3.1 ± 4.1</td>
<td>3.9 ± 4.9</td>
</tr>
<tr>
<td>Days Used</td>
<td>16.2 ± 11.6</td>
<td>17.6 ± 10.5</td>
</tr>
<tr>
<td>Consecutive Days</td>
<td>15.0 ± 12.0</td>
<td>13.8 ± 12.3</td>
</tr>
<tr>
<td>Cocaine Severity Dependence Scale Score</td>
<td>13.3 ± 4.9</td>
<td>11.8 ± 3.7</td>
</tr>
</tbody>
</table>

No significant between-group differences were observed for crack cocaine use after controlling for variability in baseline measures.
Motivational Interviewing and MMT

• **Outcome:** Illicit heroin use:
  – 542 participants (295 intervention, 247 control)
  – Pharmacists randomized to receive:
    1. Intervention – Receive motivational interviewing training, or
    2. Control – Continued with normal practice
• At 6-month follow-up, no significant between group difference in illicit heroin use (Intervention: 32.4% vs control: 31.4%)

Jaffray et al., 2014
Summary

• Motivational interviewing may not offer greater effectiveness over standard treatment

• However, more research is necessary
  – Adequate sample size is required
  – Evaluate various populations
  – Different frequencies and durations of motivational interviewing
Resources

• Teachproject.ca on You tube

• OLA

• Motivational Interviewing Trainer’s Toolkit
Click to view OLA Website
Motivational Interviewing
Trainer’s Toolkit

« Tell me and I forget, teach me and I may remember, involve me and I learn » - Benjamin Franklin

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Acknowledgements