

Motivational Interviewing in intensive treatment of Type 2 diabetes detected by screening in general practice

Overall effect of a course in “Motivational Interviewing”

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ABSTRACT

This PhD dissertation is published from the Department and Research Unit of General Practice, University of Aarhus. The overall aim of this PhD dissertation was to evaluate the effect of a course in “Motivational Interviewing” in intensive treatment of Type 2 diabetes in general practice. The general practitioners (GP) were randomised to using standard treatment or intensive treatment. Furthermore, the intensive groups were sub-randomised to “Motivational Interviewing”.

The effect of “Motivational Interviewing” was measured on three levels: change in GPs’ professional behaviour, change in patient behaviour (lifestyle) and change in patient risk profile viz. metabolic status.

The dissertation shows that:

- “Motivational Interviewing” documented effect in three of four previous studies conducted on various disease areas, both psychological and somatic.
- The GPs self-reported that they after a course in “Motivational interviewing” used the method in patient treatment.
- The GPs found that the “Motivational Interviewing” is more effective in patient treatment than the previous used methods.
- The GPs found the “Motivational Interviewing” not to be time-consuming compared to ordinary consultation encounters.
- Use of “Motivational Interviewing” changed the patients’ beliefs regarding Type 2 diabetes, on patient’s contemplation and readiness to behaviour change and on adherence to intensive diabetes treatment and self-care activities.
- The study showed no effect of the “Motivational Interviewing” on risk profile in people with Type 2 diabetes detected by screening.

Two recent meta-analyses has shown long-term effect of psychological intervention strategies, viz. “Motivational Interviewing”, which supports the hypothesis that the cause for this study not showing effect on patient risk profile could have been the follow-up period of one year.