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Evaluation of motivational interviewing training for family medicine residencies: Atatürk University Medical Faculty sample

Coskun Oztekin, K Tastan

(1) Atatürk University Medical School. Family Medicine Department, Erzurum, Turkey

(2) Atatürk University Medical School. Family Medicine Department, Erzurum, Turkey

Corresponding author: Assistant Professor Coskun Oztekin, Atatürk University, Family Medicine, Yakutiye, Turkey. E-mail: coskunoztekin@gmail.com

Background & Aim: Motivational interviewing is a directive, collaborative patient-centered counselling approach. It aims to engage the patient in the process of problematic behaviors. Training of family medicine residencies in motivational interviewing; can be a cost-effective way that provide exploring and resolving patient's ambivalence and improving their intrinsic motivation like addiction, obesity, hypertension conditions. Thus, the aim of the study is to design and implement a motivational interviewing training for family medicine residencies studying at Family Medicine Department, faculty of medicine, Atatürk University and to evaluate the results of this training.

Method: 22 participants attended to the motivational interviewing training. 15 (68,2%) of the participants were women and 7 (31,8%) of them were men. There were 6 (27,3%) participants whose ages were between 17 and 26, 9 (40,9 %) participants whose ages were between 27 and 28, and 7 (31,8 %) participants whose ages were above 29. Participants filled a Motivational Interviewing Information Survey (MIIS) before and after the training. Survey had 9 questions. The results of the survey evaluated descriptively based on questions.

Results: According to pre-MIIS results, the participants answered minimum 2, maximum 5 correct out of 9 questions. The mean, median, and mode of pre-MIIS values were 3.59, 4, and 4 respectively. According to post-MIIS results, the participants answered minimum 5, maximum 9 correct out of 9 questions. The mean, median, and mode of post-MIIS values were 7.59, 8, and 8, respectively.

Conclusion: According to findings, it has been seen that the knowledge levels of family medicine residencies have increased after taking motivational interviewing training. Before training, the lack of knowledge has been shown up about motivational interviewing techniques and transtheoretical model. The knowledge levels on these subjects have been increased after the training.