

a) Satisfaction regarding the training: self-report

Please answer the following questions about the training ‘Motivational interviewing for care counseling’. Please answer honestly. This will help to evaluate and improve the training in the future.

Items regarding the e-learning:

	Strongly disagree	Disagree	neutral	Agree	Strongly agree
1. The e-learning was clearly structured.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. The use of the e-learning platform was intuitive.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. The instructions were clear and understandable.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. The time required for the e-learning was appropriate.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. The e-learning prepared me well for the on-site part.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. The instructional videos were understandable.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. The content was presented in an interesting way.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. The reflection tasks made me really think.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9. I liked the combination of an e-learning and an on-site part	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

How much time (in hours) did you spend on the e-learning?\_\_\_\_\_

I had the following difficulties with the e-learning:

Items regarding the on-site part:

	Strongly disagree	Disagree	neutral	Agree	Strongly agree
1. The instructors were well prepared.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. The instructors were professionally competent.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. The instructors were able to teach the content well.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. The instructors were always open to questions and comments.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. The instructors created a pleasant atmosphere.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. The instructors made the training engaging and interesting.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. The instructors encouraged participation and interactive learning.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. The facilities provided were good.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9. The timetable for the on-site part was appropriate.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10. The atmosphere among the participants was good.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
11. The teaching and learning methods (individual/group exercises, self-study, role play) were helpful.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Overall impression:

	Strongly disagree	Disagree	neutral	Agree	Strongly agree
1. The ratio between presentation (input) and tasks (interaction) was appropriate.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. The content of the training was interesting for me.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. The teaching and work materials were helpful.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. The organisation of the training was satisfactory.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. I would like to apply the skills I learnt in the training in my daily work in the future.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. I think that the content learned will help me in my counselling work.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. The content covered in the training is relevant to my needs and interests.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. The objectives of the training were clearly defined.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9. My expectations of the training were met.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10. I am confident that I can put the skills I have learnt into practice.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

What school mark would you give the training? Please tick the appropriate box.

1	2	3	4	5	6
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

What school mark would you give the instructors? Please tick the appropriate box.

1	2	3	4	5	6
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

What did you like about the training?

What should be changed and how?

Did you miss anything during the training? If so, what?

b) MI knowledge:

On a scale from 1-10, how high do you rate your knowledge and skills regarding Motivational Interviewing **BEFORE** the training (1 = no knowledge, 10 = extensive knowledge)?

(Note: only before t0)

1	2	3	4	5	6	7	8	9	10
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

On a scale from 1-10, how high do you rate your knowledge and skills regarding Motivational Interviewing **AFTER** the training (1 = no knowledge, 10 = extensive knowledge)?

(Note: only after t1)

1	2	3	4	5	6	7	8	9	10
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

**Knowledge MI**

Please name the four core elements of the spirit of MI:

Please name the four process steps that are used in the counseling process of MI:

Evocation in the context of MI means to... (Choose 1 answer)

- a) ...evoke self-motivation to change.
- b) ...convince someone to change.
- c) ...encourage the ambivalence regarding a change.
- d) ...increase the amount of Sustain Talk by praising.

Which MI discussion skill is not within the scope of action of the counselor? (Choose 1 answer)

- a) elicit
- b) support
- c) decide
- d) accompany

Providing information and offering advice is a fundamental approach of MI. It should be noted, that... (Choose 1 answer)

- a) ...the counselor decides which information is important and gives precise proof.
- b) ...the client first receives general information, followed by specific advice in the second step.
- c) ...the client's prior knowledge is inquired about, based on which the information is adjusted accordingly.
- d) ...the counselor shares everything he or she knows about the topic and asks whether the information is comprehensible.

A client tells you: "And the fact that no one helped me in that situation still makes me very sad."

Which type of active listening is correct according to MI? (select one answer)

- a) That still makes you very sad.
- b) I think a support group could help you.
- c) Why did no one help you?
- d) Are you still very sad about that?

According to MI, which intervention does not belong to the planning phase according to MI? (Choose 1 answer)

- a) Determining the necessary steps for change
- b) Gathering coping skills and options
- c) Weighing and deciding on one of several options
- d) Questioning the reasons for a change

c) Perceived use of MI in everyday work

Please select the extent to which the following statements apply to you.

	Not at all	Slightly	Moderately	A lot
How motivated were you to integrate the learned content into your counseling practice after the training?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
To what extent did you integrate the content learned in the training into your counseling practice?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
If you were unable to integrate the content learned in the training, what were the reasons that prevented you from doing so?				
▪ It was not suitable for my situation.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
▪ My superior was holding me back.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
▪ I did not have enough time to apply the techniques during my counseling practice.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
▪ I did not have enough time after the training to work on the techniques.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
▪ I tried but it didn't work.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
▪ Other reasons	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Please rate the extent to which the following statements regarding your approach apply to you (when comparing your approach in counseling situations before and after the training).

	Strongly disagree	Disagree	Neutral	Agree	Strongly agree
<b>Since the training...</b>					
.....I pay more attention to clients' ambivalence.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
.....I focus more on building a good relationship with clients.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
...it is clearer to me during the process step of focusing at which point we are in regards to defining goals.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
...I try to elicit clients' self-motivation more.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
...I am better at recognizing when it's time to start the concrete planning of the next steps..	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
...I use more open questions.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
...my active listening skills (echoing, paraphrasing, emotional mirroring) have improved.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
...I can better perceive clients' emotions during conversations.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
...I express more appreciation and acknowledgement for clients (e.g., acknowledging their positive qualities).	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
...I can better detect resistance during a conversation.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
.....it's easier for me to deal with client's resistance.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
...I pay more attention to my client's prior knowledge when providing information and advice.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
...I take more account of the needs of my client when providing information and advice.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I check more to see what information has reached my counterpart and whether it has been understood when providing information and offering advice.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
...I am more aware of my rightening-reflex.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
...I can better detect Sustain Talk.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

...I can better detect Change Talk.

☐☐☐☐☐

1. Do you apply any new things in your caregiver counseling because of your participation in the training?

☐ Yes

If yes: Can you briefly describe what you do and how it works?

☐ No

If no: Why is that? (Is it because you have not learned anything that you can apply at work?)

2. Which of the content learned in the training do you apply most or has the greatest influence on your counseling?

Why do you apply these contents the most?

3. Which of the content learned in the training did you find particularly easy to implement?

Why was the implementation of this content particularly easy?

4. Which of the content learned in the training did you find particularly difficult to implement?

Why was the implementation of this content particularly difficult?

5. What would you still like to work on in the future with regard to your MI application?



d) Perceived impact of MI in everyday work

	Strongly disagree	Disagree	Neutral	Agree	Strongly agree
The relationship to my clients has improved through the application of the learned techniques.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Since the training, I have used more Motivational Interviewing in my counseling sessions.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
My interest in Motivational Interviewing has increased since the training.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

How did you benefit from the training?

Have you noticed any changes in your clients after applying the content learned in the training?

☐ **Yes**

**If yes: Which? How?**

☐ **No**

**If no: Why do you think that is?**