

### **Introduction and Purpose of the study.**

- **(BEGIN RECORDING)** As you may recall from the letter provided to you in the introductory survey to the study, the purpose of the study is to gain an understanding of the perceived utility of Motivational Interviewing in the field of genetic counseling. Throughout this interview, Motivational Interviewing will be referred to as “MI”. Please stop me at any point if you have any questions.

### **Study Participation**

- Your participation is voluntary. It involves this one audiotaped telephone interview which will take about 30 minutes. If at any point during the interview you feel uncomfortable or you need to stop the interview, please let me know. You can also decline answering any question if you wish. We will transcribe this interview, but your name and names of any other people or institutions you mention in the interview will be removed from the transcript. Therefore, no one reading the transcript of this interview should be able to identify you.

### **Confidentiality Statement**

- As a participant in this study you will be assigned a unique ID number. The link between your name and ID number will be kept in a separate password protected database that is accessible only to the key study personnel.

### **Questions**

- Do you have any questions?

Do I have permission to begin the interview?

## INTERVIEW GUIDE

1. How would you describe MI to another genetic counselor?
2. Describe a specific situation or indication in which you have used, or would use MI.
  - Indication
  - Patient indicators which trigger MI
  - Patient Characteristics
3. When you incorporate MI into a genetic counseling session, what does that usually look like? (be specific that you are looking for personal counseling skills)
  - Specific Skills
  - Expected outcomes
  - Where and when
  - How long
4. What reactions to MI have you encountered?
  - Patients
  - Colleagues
  - Employer
5. What problems or concerns do you have with MI as an approach to use in a genetic counseling session?
  - Personal concerns
  - Concerns of others
6. To what extent do you utilize the follow MI skills in your Genetic Counseling profession? (Definitions read after each)
  - Ask Open ended questions (a question that offers broad latitude and choice in how to respond)
  - Never                      rarely                      sometimes                      often                      always

Make Affirmations (accentuating the positive, seeking and acknowledging a person's strengths and efforts)

Never rarely sometimes often always

Listen Reflectively (skill of 'active listening' seeking to understand a person's subjective experience, offering reflections as guesses about the persons meaning)

Never rarely sometimes often always

Summarize the patients' concerns (reflection that draws together content from two or more prior statements)

Never rarely sometimes often always

Use of importance ruler (A scale, typically 0-10, on which persons are asked to rate the importance of making a change)

Never rarely sometimes often always

Elicit change talk (encourage speech that favors movement toward a change goal)

Never rarely sometimes often always

Use directional counseling (counseling a patient towards a particular outcome, which is believed to be objectively optimal).

Never rarely sometimes often always

Use equipoise (counseling a patient without a particular outcome desired)

Never rarely sometimes often always

7. Can you describe what your MI training has looked like?

Class structure- individual or incorporated?

Standardized Patients

Role Plays

Teacher?

Readings

8. What are your thoughts about your MI training provided in your genetic counseling training program?

Positive/strengths/opportunities

Negative/weaknesses

Program goal

Your experience compared to others

9. What might you change about your MI training?

Specific Course

Texts/instructor/time dedicated to MI/role plays/standardized patients/demonstration

Clinical Competencies

10. Suppose the program director of another genetic counseling school asked your opinion on whether MI should be a part of the program. What would you say?

Yes/No?

Alternatives

11. What other thoughts do you have about MI use in genetic counseling or your MI training?

12. (Only ask If not enough participants have been identified through the survey) Do you know of any colleagues who may be interested in participating in this research? \*