

Copyright is owned by the Author of the thesis. Permission is given for a copy to be downloaded by an individual for the purpose of research and private study only. The thesis may not be reproduced elsewhere without the permission of the Author.

# **The Efficacy of Motivational Interviewing with Offenders: An Outcome and Process Evaluation**

A thesis presented in partial fulfilment of the requirements for the  
Degree of Master of Arts in Psychology at Massey University,  
New Zealand

**Kevin Paul Austin**  
**2008**

## ABSTRACT

This research comprised an evaluation of a motivational interviewing programme, the Short Motivational Programme (SMP), delivered by the Department of Corrections and adapted for use with incarcerated offenders. The evaluation consisted of two components: outcome and process.

### *Outcome*

Results indicated that offenders' motivation to change significantly increased from pre to post the SMP (eta squared = .19,  $p < .05$ ), and a sub-group of offenders demonstrated that motivation to change was maintained at follow-up. This result, given the sample's risk of recidivism demographic, provided evidence for the SMP's efficacy with high risk offenders.

### *Process*

On a measure of motivational interviewing skills, psychologists demonstrated full competence only in the use of direction, although global clinician ratings, percent open questions, evocation, collaboration, autonomy and empathy approached competence. Other than, "rolling with resistance", offenders reported strongly experiencing motivational interviewing principles during the SMP. Lastly, offenders who experienced the motivational interviewing principles to the greater extent did not demonstrate any greater increases in motivation to change from pre to post the SMP and at follow-up.

These findings are discussed and recommendations are made for further research.

## ACKNOWLEDGEMENTS

I would like to express sincere thanks to my parents, Dave and Trish, and my sister Clare for your unconditional support, humour and belief in my potential.

My deepest appreciation and thanks go to my partner Sarka. This thesis would not have been possible without your incredible patience and encouragement. I am especially indebted to you for your continued support despite my sometimes irritable moods.

My sincere thanks go to my supervisor, Dr Mei Williams, for your patience, advice and ability to stay calm when I was panicking. I always looked forward to our meetings, even though I did not always like what I heard. This thesis would not be what it is today without your guidance.

My thanks go to Dr Llewellyn Richards-Ward and Principal Psychologist Glen Kilgour for your considerable assistance in helping this project get off the ground. Also, my thanks go to the Department of Corrections for feedback on the original proposal.

Although there are too many to name, I would like to thank all my friends and colleagues for your encouragement and support. I appreciated your continued visits, phone calls and invites out, despite rarely having the time to reciprocate.

Finally, I would like to thank the participants of this research. Without you this study would not have been possible. I sincerely appreciated your time and your courage to take part. I hope that this study will play some role in helping offenders make positive change.

## TABLE OF CONTENTS

Chapter	Page
ABSTRACT .....	ii
ACKNOWLEDGEMENTS .....	iii
TABLE OF CONTENTS .....	iv
LIST OF TABLES .....	vii
LIST OF FIGURES.....	viii
I. LITERATURE REVIEW .....	1
Introduction.....	1
What is Motivation? .....	4
Defining Motivation.....	4
Theories of Motivation .....	5
Therapeutic models of motivation .....	13
Miller and Rollnick's Determinants of Motivation.....	13
The Process of Change.....	16
Motivational Interviewing.....	21
Outcomes of Motivational Interviewing .....	25
Motivational Interviewing with Offenders .....	28
Correctional Rehabilitation.....	28
Outcome Studies of Motivational Interviewing with Offenders .	35
Summary .....	39
Purpose of the Study .....	40
Hypotheses.....	40
II. METHOD.....	42
Research Design.....	42
The Short Motivational Programme .....	43
Participants.....	45
Power Analysis .....	47

Measures .....	48
Outcome Measures.....	48
Process Measures .....	51
Procedure .....	55
Participant Selection.....	55
Outcome .....	55
Process .....	56
Data Collection .....	58
Outcome .....	58
Process .....	58
Ethical Considerations.....	60
III. RESULTS .....	61
Normality .....	63
Bivariate Analyses .....	64
Outcome Component.....	67
Process Component .....	73
IV. DISCUSSION .....	78
Outcome .....	78
Process .....	83
Limitations .....	88
Future Directions.....	93
Conclusion .....	94
REFERENCES .....	96

APPENDIXES .....	121
A. Modified SMP URICA .....	121
B. Balanced Inventory of Desirable Responding 7.0 (BIDR) .....	123
C. Extract from the Motivational Interviewing Treatment Integrity Code 3.0 (MITI) Manual.....	125
D. Assessment of the 5 principles of Motivational Interviewing (A5PMI).....	127
E. Information Sheet for Offenders .....	128
F. Information Sheet for Offender sub-group .....	130
G. Information Sheet for Psychologists .....	132
H. Information Sheet for Offenders currently in the SMP.....	134
I. Participant Consent Form.....	136
J. Confidentiality Form .....	137
K. Summary of Findings for Research Participants.....	138

## LIST OF TABLES

	<b>Page</b>
Table 1	Descriptive Statistics for the SMP URICA, RoCRoI, BIDR, MITI and the A5PMI.....62
Table 2	Tests of Normality for Measures used in Parametric Tests for the Present Study .....63
Table 3	Relationship between Measures and Sub-scales Used in the Present Study for Offenders .....66
Table 4	Mean SMP URICA Total Scores at Pre and Post the SMP .....67
Table 5	Demographic Data for Offenders Not Involved in a Follow-up Assessment of Motivation to Change vs. the Sub-group of Offenders Involved in Follow-up Assessments .....68
Table 6	Mean SMP URICA Total Scores across the SMP at Pre, Post and Follow-up .....70
Table 7	Mean MITI Scores for Psychologists Delivering the SMP .....73
Table 8	Mean A5PMI scores for the Offender Sub-group.....75



## LIST OF FIGURES

	<b>Page</b>
Figure 1	Stages of Change Model .....17
Figure 2	The Flow of Motivational Interviewing .....24
Figure 3	Mean SMP URICA Total Scores at Pre, Post and Follow-up ( <i>N</i> = 12) .....71
Figure 4	Mean SMP URICA Total Scores from Pre to Post SMP and at Follow-up for Offenders who Experienced Higher vs. Lower Levels of Motivational Interviewing Principles .....77