1.Which of these is not one of the four elements that make up the spirit of motivational interviewing?

1. Evocation
2. Partnership
3. Discrepancy
4. Compassion

2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ is a central concept to motivational interviewing. This is when a person has positive and negative feelings about change and isn’t sure which choice to make.

1. Partnership
2. Empathy
3. Questioning
4. Ambivalence

3. The core principles of motivational interviewing are:

1. express empathy, support self-efficacy, roll with resistance, develop discrepancy
2. open-ended questions, affirmations, reflections, summaries
3. partnership, acceptance, compassion, evocation
4. Contemplation, preparation, action, maintenance

4. OARS stands for four types of questioning skills used in motivational interviewing. OARS stands for:

1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. Affirmations
3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
4. Summarizing

5. The transtheoretical model provides a framework for understanding behavior change process, but \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ is how one person can help another move through the change process.

6. Which one of these is not a stage of change in the transtheoretical model?

1. Maintenance
2. Action
3. Precontemplation
4. Evocation

7. Precontemplation is a stage in the transtheoretical model of change where someone:

1. Does not see their behavior as a problem
2. Is thinking about making a change
3. Is getting ready to engage in a healthier behavior
4. Does not need to change

8. Which of the following MI core principles is suggested for someone in precontemplation?

1. Support self-efficacy
2. Roll with resistance
3. Develop discrepancy

9. Contemplation is a stage in the transtheoretical model of change where someone:

1. Has started making behavior changes
2. Is getting ready to make change
3. Is not interested in change
4. Intends to change in the next 6 months

10. Discuss MI techniques for patients in contemplation

Which of the following MI core principles is suggested for someone in contemplation?

1. Support self-efficacy
2. Roll with resistance
3. Develop discrepancy

11. Define the preparation stage

Preparation is a stage in the transtheoretical model of change where someone:

1. Has started making behavior changes
2. Has made a plan for how to make a change
3. Is not interested in change
4. Intends to change in the next 6 months

12. Discuss MI techniques for patients in preparation

Which of the following MI core principles is suggested for someone in preparation?

1. Support self-efficacy
2. Roll with resistance
3. Develop discrepancy

13. Action is a stage in the transtheoretical model of change where someone:

1. Has started making behavior changes in the past six months
2. Has made a plan for how to make a change in the next month
3. Is not interested in change
4. Intends to change soon

14. Which of the following MI core principles is suggested for someone in Action?

1. Support self-efficacy
2. Roll with resistance
3. Develop discrepancy

15. Maintenance is a stage in the transtheoretical model of change where someone:

1. Has been successful with behavior change for at least six months
2. Is considering a change after working through ambivalence
3. Is preparing to make a change
4. Wants to help others make changes

16. Which of the following MI core principles is suggested for someone in Maintenance?

1. Support self-efficacy
2. Roll with resistance
3. Develop discrepancy

17. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ is part of the transtheoretial model of change, which is not necessarily a stage itself, but means that someone has returned to one of the previous stages of change.

1. Preparation
2. Evocation
3. Maintenance
4. Relapse