

# Assessment of the Impact of Motivational Interviewing Learning and Proficiency Among First-Year Pharmacy Students

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# Assessment of Motivational Interviewing Competency in 1st Year Pharmacy School Students

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## **Abstract**

Motivational interviewing is widely used by clinical psychologists and psychiatrists in order to accurately interpret patient willingness to change, to establish the barriers preventing them from making the change, and to promote positive motivation to aid the client in going through with the change. Motivational interviewing has been primarily taught in medical schools with a very scarce amount seen in pharmacy schools. In order to provide a more complete education, Southern Illinois University Edwardsville's School of Pharmacy appended a new mandatory course for motivational interviewing exposure early in the curriculum utilizing the new Motivational Interviewing Competency Assessment (MICA) tool. As there is minimal literature pertaining to motivational interviewing in the clinical practice of pharmacy, a study was done to assess the willingness, readiness, and proficiency of motivational interviewing among first-year pharmacy students at Southern Illinois University Edwardsville's School of Pharmacy. The study was comprised of two parts, a ten question pre- and post-course survey developed using Qualtrics. When comparing the results from the pre- and post-course surveys, all the questions except for question 10 were found to be not statistically significant. Therefore, there was not a conclusive difference between the willingness, readiness, and proficiency of motivational interviewing among first-year pharmacy students at Southern Illinois University Edwardsville's School of Pharmacy before and after the new mandatory motivational interviewing course.