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Title	Delivering motivational interviewing early post stroke: standardisation of the intervention
Type	Article
URL	https://clock.uclan.ac.uk/id/eprint/36233/
DOI	https://doi.org/10.1080/09638288.2020.1864035
Date	2022
Citation	Patel, Kulsum, Auton, Malcolm Frederick, Watkins, Caroline Leigh, Sutton, Chris J, Benedetto, Valerio, Hackett, Maree, Holland, Emma-Joy and Lightbody, Catherine Elizabeth (2022) Delivering motivational interviewing early post stroke: standardisation of the intervention. <i>Disability and Rehabilitation</i> , 44 (14). pp. 3453-3458. ISSN 0963-8288
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<https://doi.org/10.1080/09638288.2020.1864035>

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Implications for Rehabilitation

- Motivational Interviewing (MI) can help reduce depression in stroke survivors when delivered early after stroke.
- The effectiveness of our MI intervention depends on the delivery of high quality MI; in particular, interactions with low levels of MI-inconsistency, and high global MI ratings, ideally delivered over more than one session, each lasting at least 30 minutes.
- Provided high quality MI is being delivered, the intervention can still have a beneficial effect on participant outcome, even with flexibility and variation in therapist characteristics, and duration and number of sessions, which may be inevitable in a clinical context.