AN EXAMINATION OF THE USE OF MOTIVATIONAL INTERVIEWING TO ENHANCE ENGAGEMENT IN AND OUTCOMES OF A COGNITIVE-BEHAVIOURAL PROGRAM FOR CHRONIC PAIN: A CLUSTER, RANDOMIZED, CONTROLLED TRIAL

Samantha Fuss, MA
York University, Psychology

Student/Trainee

INTRODUCTION / AIM

To examine the effects of Motivational Interviewing (MI) on readiness to change, engagement in, and treatment outcomes of, a CBT program for individuals with chronic pain.

METHODS

Following REB approval and consent to participate, 87 participants were randomly assigned to a group receiving a 60-minute session of pre-treatment MI or a pain information session (control condition; CC) before beginning a ten-week group CBT program. Measures of treatment expectations, pain (Brief Pain Inventory), self-efficacy (Pain Self-Efficacy Questionnaire), acceptance (Chronic Pain Acceptance Questionnaire), depression and anxiety symptoms (Hospital Anxiety and Depression Scale) and readiness for change (Pain Stages of Change Questionnaire, Multidimensional Pain Readiness to Change Questionnaire) were administered to study participants across four time points (baseline, post-MI/CC, post-CBT completion and three months after completing the CBT program). Engagement in the program was assessed using the number of sessions attended, homework completion, attrition and attendance at a CBT follow-up session.

RESULTS

Treatment expectations were significantly higher in the MI group. No other outcomes differed as a function of study condition. Post-treatment improvements for the overall CBT program were found for pain acceptance, pain self-efficacy, depression and motivation factors. A greater proportion of individuals in the MI vs the control condition attended the three-month follow-up session.

DISCUSSION / CONCLUSIONS

Motivation is an important factor for pain management programs in light of the fact that much of the work of these initiatives is self-guided in nature. More research into the use of MI in this context appears warranted.

OTHER AUTHORS

Ted Robinson

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Allan Gordon
Marilyn Galonski
Denise Paneduro
Leah Pink
Joel Katz