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# The Impact of Motivational Interviewing on Criminal Offenders

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### Purpose

Motivational Interviewing (MI) is an evidence-based practice model that focuses on building internal motivation. This practice model has been extremely successful with criminal offenders and those that also have a substance abuse problem. In fact, motivational interviewing is one of the most useful types of treatment available, ranking #1 in a survey of the effectiveness of treatments (Slate, 2011). Its ability to create change is what has brought about its use in probation settings-- promoting successful rehabilitation, reentry through the client's own strengths, and moving past the simple compliance to achieve real behavioral change.

### Research Question and Hypothesis

Research Question: Does the implementation of motivational interviewing cause an increase in criminal offender's motivation to change?

Hypothesis: Implementing motivational interviewing into treatment for criminal offenders will have a positive effect and cause an increase in motivation to change.

### Measures

Independent Variable (IV): Number of Motivational Interviewing session. *Each client in the experimental group will be exposed to three sessions of motivational interviewing, while those in the comparison group will be exposed to no sessions.*

Dependent Variable (DV): Results of client Change Readiness Survey. *Each client will take the Change Readiness Survey before beginning their first session of Motivational Interviewing, and after each of their four sessions.*

Unit of Analysis: Individuals on probation

### Sample

Target Population: Individuals in the United States that are on probation

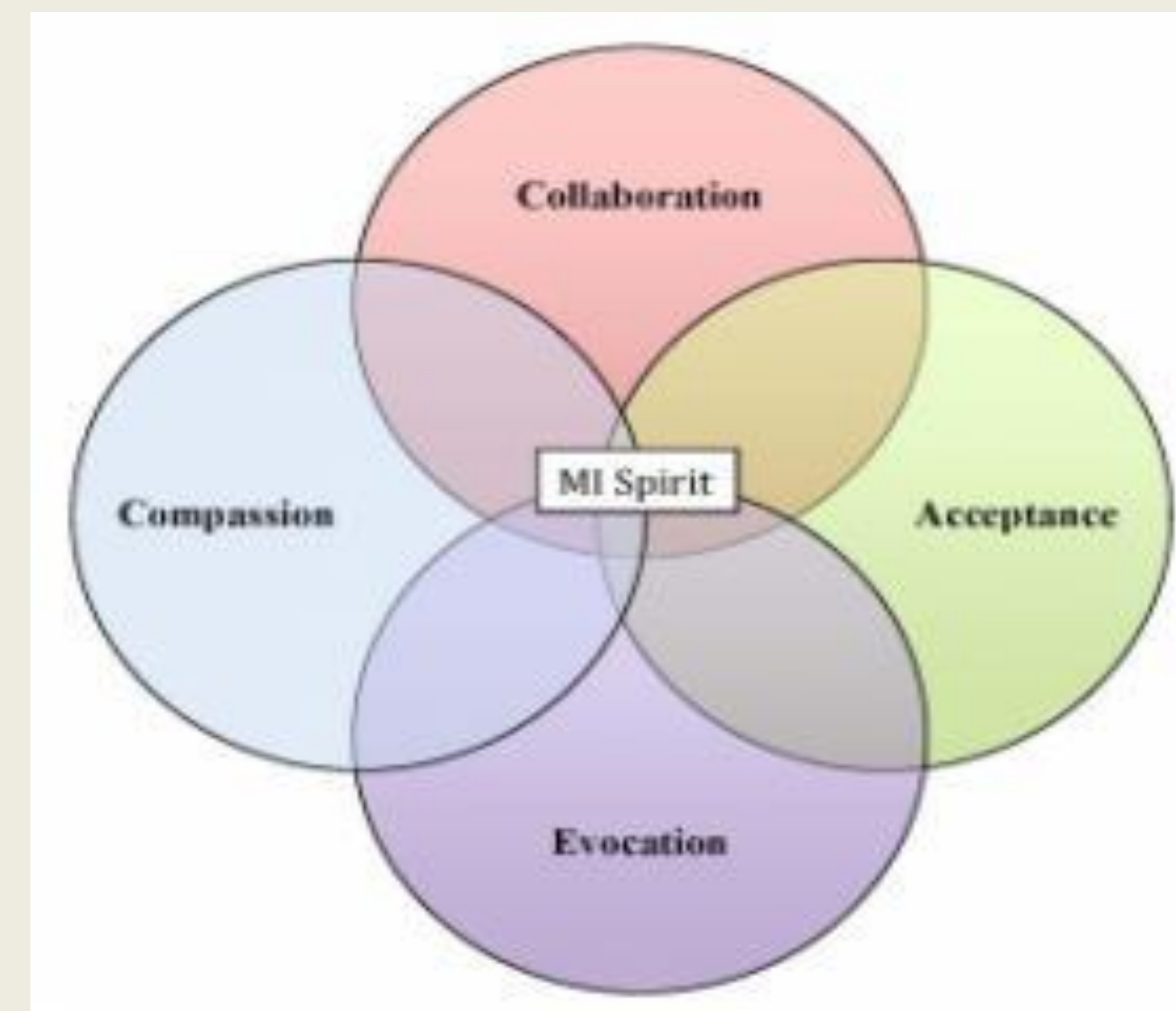
Study Population: Individuals on probation in Connecticut

Sampling Frame: List of individuals on probation in Connecticut

Selection of Sample: Probability sampling, choose every 5<sup>th</sup> person on the list of individuals on probation in Bridgeport, CT

Population Size: 40,132 individuals on probation in CT as of 1/1/2017

Realistic Sample Size: By limiting the number of cases to Bridgeport, and only selecting every 5<sup>th</sup> person it will allow for a smaller sample size, with representation from each probation caseload (i.e. youth offenders, sex offenders, mental health offenders, etc.)



### Data Collection and Analysis

Clients within the experimental and comparison group will both take the Change Readiness Survey. Clients within the experimental group will then receive treatment in the form of motivational interviewing for three sessions. At the end of each session the client will then take the Change Readiness Survey again. Those in the comparison group will receive treatment that is NOT in the form of motivational interviewing, but will also take the Change Readiness Survey after each of their treatment sessions.

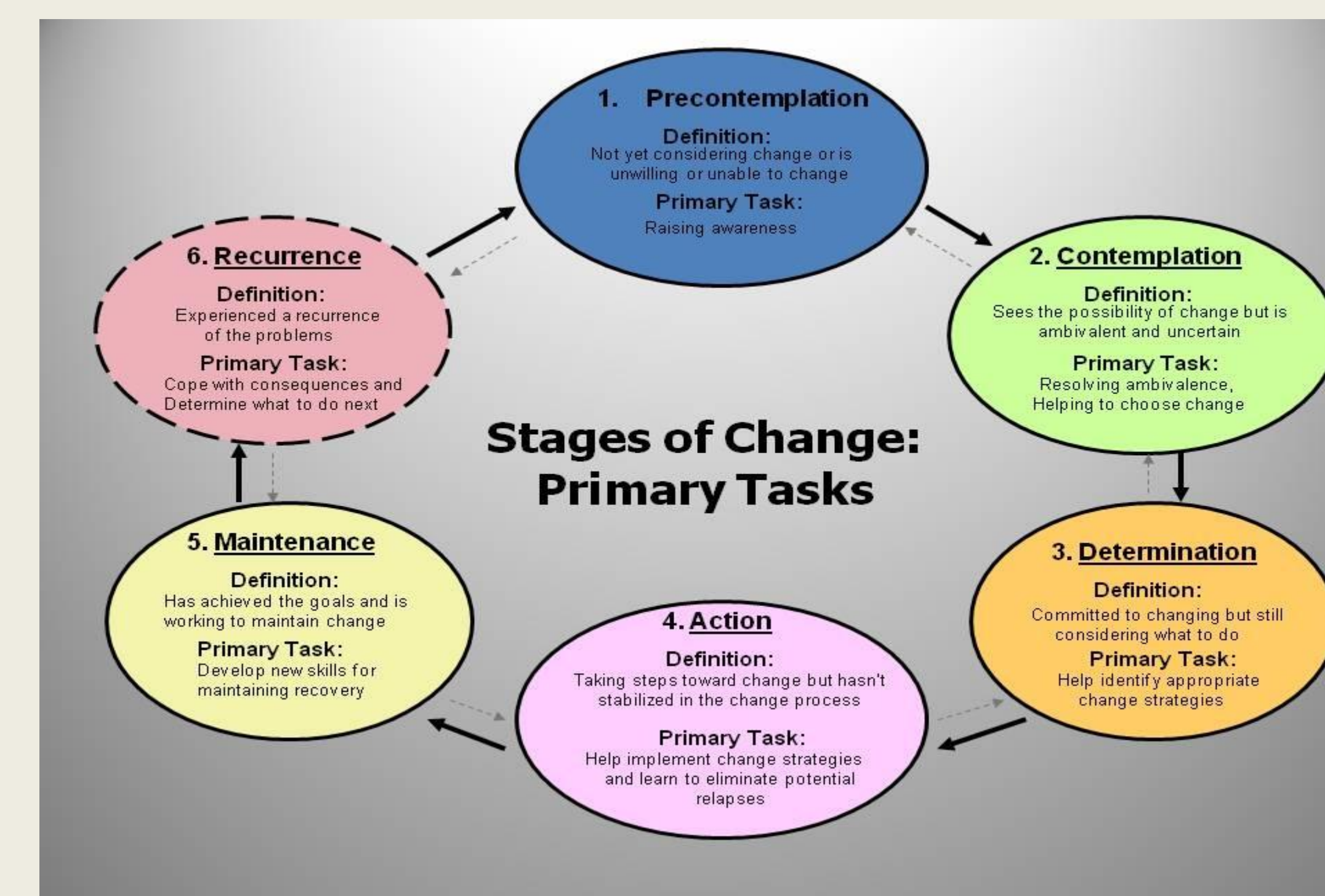
### Research Design

Design: Pretest/Posttest Comparison-Group Design

Notation: Experimental Group	O1	X	O2	X	O3	X	O4
Comparison Group	O1		O2		O3		O4

### Conclusions

Motivational Interviewing, done by trained professionals, can help increase retention of treatment in substance abusers. In addition, motivational interviewing has been shown to have a positive effect on retention of treatment, change readiness, and rate of recidivism in criminal offenders



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