



Prescriber/ Patient Video Participant Knowledge Check



Knowledge Check for Workshop Participants | Prescriber / Patient Video

This **Knowledge Check** accompanies the video that illustrates the spirit and skills of motivational interviewing (MI) demonstrated by a physician, Dr. Wolf, during a behavioral health visit with a patient with bipolar disorder, Laura Martinez. Although the interaction is fictional, it represents a real-world encounter. **Before viewing this video, participants should watch the **Overview video**, which introduces the skills and principles of MI.**



Scan this QR code or **click here** to access all Motivational Interviewing videos, including the Overview.

As you watch the video, use this Knowledge Check to identify the MI principles or skills being demonstrated by the prescriber at various points in the interaction. Record your answers in the blank column titled “MI Principle or Skill” next to the appropriate points in the script. You will have an opportunity to check your answers after the video.

Background on the video



Laura Martinez is a 32-year-old woman with a history of recurrent depressive episodes since high school and had her first manic episode during her sophomore year of college which led to her diagnosis of Bipolar I. She was hospitalized twice that year. First with mania, and then again with a severe episode of depression with suicidality.

She took a break from school for a year because of her illness and worked part time in a restaurant. Her depression improved significantly with therapy and medication adjustments, and she was able to complete her degree and is now entering graduate school. She has been maintained on a mood stabilizer and an atypical antipsychotic since her second hospitalization.

SPEAKER	DIALOGUE	MI PRINCIPLE OR SKILL?
Voiceover	This video of a simulated patient interaction demonstrates a provider applying the skills and spirit of Motivational Interviewing during a behavioral health visit. The script for this video was developed by Dr. Damara Gutnick, an expert in MI. Dr. Gutnick is an internal medicine physician and member of the Motivational Interviewing Network of Trainers (MINT). To learn more about the spirit and skills associated with MI, we suggest you watch the Overview video as well.	
	Laura Martinez is a 32-year-old with bipolar depression who is beginning graduate school. She is transitioning her care to a new prescriber (Dr. Wolf). She will also be followed by a clinical social worker every other week for cognitive behavioral therapy.	
Dr. Wolf	Hi, Laura. It is good to meet you.	
Laura	Hi, Dr. Wolf. Nice to meet you too.	
Dr. Wolf	So...I understand that you are beginning a Masters program at the University and need to transition your care to a new psychiatrist.	
Laura	Yes. Exactly.	

II Leader may pause video here

Dr. Wolf	Thank you for sending over your records and connecting me to your previous doctor. I had a chance to review your chart, and I want to learn from you about your history and how you were diagnosed with Bipolar I...but first, tell me what really matters to you?	?
Laura	Well, schoolwork is beginning to pile up, and it is very important to me to do well.	
Dr. Wolf	Doing well is a priority for you.	?

SPEAKER	DIALOGUE	MI PRINCIPLE OR SKILL?
Laura	Yes.... Since I was 10 years old, I have known that I wanted to be a research scientist and get my PhD. Now despite the difficulties of the past few years I am finally here on my way to reaching my goal.... I am ready to dive in and excited to begin my masters.	
Dr. Wolf	You are very ambitious and have a plan to make up for lost time.	? ?
Laura	Yes. I took 18 credits this semester, and there is a lot of reading.... Graduate School is a lot of work.	
Dr. Wolf	The transition is more challenging than you thought it would be.	?
Laura	Well, I am up for that challenge! I am looking forward to making up for lost time. The issue now is that the medication makes me sleepy.	
Dr. Wolf	I hear you. You need to be alert for classes, and the side effects of the medication get in the way. I understand that you and your previous psychiatrist worked together to find the right medication regimen for you, and that you tried multiple medications in the past.	?
Laura	Oh, yes we did.... I have tried so many different medications and combinations of medications.... I realize that no medication regimen is going to be perfect, and for me, this one works much better than the others with fewer side effects.	
Dr. Wolf	You have a lot of insight into your disease and actively partnered with your doctor to find a regimen that worked best for you....	?
Laura	Yes. I know it is not going to be perfect, but in general this medication works for me.... It's just that now that I am back in school and the work is piling up, I am trying to figure out how to manage since it zaps my energy when I need it most.	
Dr. Wolf	I understand how important this is for you. What time do you take your medication?	

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Laura	I used to take it in the morning...but then when school started, I switched to the evening with a snack.	
Dr. Wolf	Did that work better for you?	
Laura	Initially yes...but now that the work has built up... I need to be awake longer, and sometimes even need to pull all-nighters.	
Dr. Wolf	The work is building up, and your sleep patterns are becoming more irregular.	?
Laura	But that's normal for a graduate student.	
Dr. Wolf	It is hard to find time for healthy habits when you are under so much pressure.	?
Laura	Exactly. I know I should get a full night's sleep...but it is challenging.	?
Dr. Wolf	You have a keen understanding about how sleep and stress can impact your illness.	?
Laura	Oh. Yes, Doctor. My previous psychiatrist shared how important it is for me to get a good night's sleep. I know that missing sleep can increase my chances of having another manic episode.	?
Dr. Wolf	Why don't you tell me a bit about your history of bipolar depression.	?
Laura	Well, all through high school and middle school I suffered from bouts of depression. But they were manageable. I would feel depressed for a few days or a week and then I would snap out of it. I was an A student, and the depression didn't impact my grades...although my mother says my mood swings were a roller-coaster ride because she never knew what my mood would be, and I transitioned really quickly.	
Dr. Wolf	Tell me more.	?

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Laura	Well, I went off to college.... The first year went OK, but in the middle of sophomore year I had my first manic episode and was hospitalized. That is when I was diagnosed with Bipolar I. I needed to take a year off and eventually transferred to a college closer to home.	

II Leader may pause video here

Dr. Wolf	It sounds like it was a hard year for you.	?
Laura	Yes. It was tough...and it was especially difficult for me to come to terms with how everything I had worked so hard for up to that point...just started falling apart.	
Dr. Wolf	And yet despite these challenges, you are resilient and now back in graduate school.	?
Laura	Oh, yes. I am a survivor, and I am so happy to be back on my way!	
Dr. Wolf	Tell me a bit about how things went when you first went back to school on the new campus?	?
Laura	Well initially I was doing OK. I made some new friends and did really well on my first set of exams, but then unfortunately about 6 weeks into the semester things started to fall apart...and I fell into a deep depression.	
Dr. Wolf	Your mood swung from one extreme to another.	?

SPEAKER	DIALOGUE	MI PRINCIPLE OR SKILL?
Laura	Oh yes. And this was a really deep down. It was different than in high school because I didn't snap out of it. Nothing made me happy, and all I wanted to do was sleep. I fell behind in my work, I stopped going to class and stopped handing in assignments.	
Dr. Wolf	You worked so hard to get where you were, and suddenly the depression was in control.	?
Laura	Yeah. And the scariest thing was that it didn't even phase me.... I just stopped caring.	
Dr. Wolf	You lost your drive.	?
Laura	I lost a lot more than my drive. I lost my interest in everything. I would stay in bed all day and not shower or even brush my teeth. My hair got all knotted because I didn't brush it, and my roommate became so frustrated with me because I wouldn't do laundry or clean up the room.... I also stopped taking my medication.	
Dr. Wolf	You stopped taking care of yourself, and there were consequences to your health and with your relationships.	?
Laura	Yes, definitely. I was a mess.... Luckily, my roommate alerted the resident advisor and together they called my parents who came to get me. I was hospitalized for several weeks because I was suicidal. I really gave everyone a scare...including myself. I was ready to end it all.	
Dr. Wolf	It sounds like it was a very scary time for you.	?
Laura	Oh yes. I never want to be that low again.	?
Dr. Wolf	How have you been since then?	?

SPEAKER	DIALOGUE	MI PRINCIPLE OR SKILL?
Laura	Oh, it was up and down for a while when we were figuring out my medications. It took a while to find a regimen that worked for me.... But my mood has been so much more stable over the past year, and my lows are now manageable.... I haven't had another manic episode. And last year...I finally graduated college.	?
Dr. Wolf	Congratulations. It sounds like you're on track.	?
Laura	Yes I am, but I am struggling with the fact that my medications make me sleepy when I most need to be awake.	
Dr. Wolf	Do you have any ideas on how to manage that?	?
Laura	Well, I know that it is unlikely that I can find another medication regimen that will work for me as well as this one...so changing my medications at this time is not an option.	?
Dr. Wolf	Finding the right regimen took a lot of experimentation and you realize that although not perfect, your current regimen might be as good as it is going to get.	?
Laura	Exactly. Well, one thing I have considered is occasionally skipping doses of my medication when I have a school deadline....	?
Dr. Wolf	Tell me more about that.	?
Laura	Well to be honest...I do remember that "sweet spot" on the way to becoming manic. I forgot what the doctor called it. But I was so productive and creative. I was able to study intensely without sleep and did a great job multitasking.	?
Dr. Wolf	It sounds like at first when your mood was on the way up, which is called hypomania, there were some advantages that would be really helpful right now.	

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Laura	Definitely. Initially it felt great. I was really productive and did a lot of writing and it also felt like socially I fit in better, and people seemed to really enjoy being with me. However, that didn't last long...and when I became manic, it was really bad.	?
Dr. Wolf	It sounds like you have a lot of insight into how important your medications are to keeping you stable and also wonder if there is a way to find some balance that keeps you in that "sweet spot" place where you are really productive.	?
Laura	Yes. Finding a balance like that would be ideal.... To be honest...I did experiment once with not taking my pills when I had deadline.	
Dr. Wolf	How did that go for you?	?
Laura	Actually, it helped. I found that I was less tired and better able to focus. But I know it is risky, and I know that it is wishful thinking to hope for that balance.	?
Dr. Wolf	Laura, you have really thought a lot about this, and you get how this illness affects you...and you really want to manage it. Your dedication and commitment to self-management are so important for managing Bipolar Depression. Your honesty in sharing with me that you have tried skipping doses further supports your commitment to partnering with me so that we can agree upon a care plan that works best for you.	? ?
	Can you tell me a bit more about why skipping doses is risky?	?
Laura	Well, I know that Bipolar Depression is a chronic disease, and I have a high chance of having another episode of mania or depression even on medication...and I really don't want that to happen, so I need to do everything in my capacity to avoid it...which includes sticking with my medications.	?

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Dr. Wolf	Well, unfortunately you are right. Most people with Bipolar Depression will have relapses during their lifetime, and often their first relapse happens within the first couple of years after diagnosis. Being adherent to your medications, minimizing stress, and getting good sleep reduce your chances of relapsing.	?
	What do you think about that?	?
Laura	It makes me even more motivated to be diligent with my medications. I am finally back in school, and I don't want to risk going backward again.	?
Dr. Wolf	You have a good understanding of the risks associated with skipping doses; however, you still have the problem of finding a way to balance your medication side effects while in school.	?
	Do you have any other ideas on how to manage this?	?
Laura	Well, earlier in our conversation I was reminded about how important it is for me to get a good night's sleep despite being in school. Maybe I took too much on this semester... and I can improve my study habits so that I get work done earlier in the day.	?
Dr. Wolf	Those seem like good ideas. Tell me more about what you are thinking.	?
Laura	Well, when I registered for classes, my academic advisor had suggested I take an easier semester, but I was a bit stubborn, and reluctant to listen because I was so excited to be back. I think I need to drop one of my classes and ease into graduate school a bit more slowly. Dropping a class would help significantly with the stress.	?
Dr. Wolf	That is an excellent idea. Anything else?	?

SPEAKER	DIALOGUE	MI PRINCIPLE OR SKILL?
Laura	Yes. I need to be a bit more protective of my study time during daylight hours, so I can get a full night's sleep. Part of the issue is that I have a new boyfriend and we have been spending a lot of time together. I usually hang out with him and then don't start my work till later. I think I need to change things up with that. I am sure he will agree, because he needs to keep his grades up too.	?
Dr. Wolf	It sounds like you have a great plan. Why don't we check in, in a couple of weeks to see how things are going?	?
Laura	That works for me. Thanks, Dr. Wolf.	

