

Applying Motivational Interviewing

📖 Books

Miller, W.R., Rollnick, S. *Motivational Interviewing, 2nd edition: Preparing People for Change*. New York, NY: Guilford Press, 2002.

Prochaska, J.O., DiClemente, C.C. *The Transtheoretical Approach: Crossing Traditional Boundaries of Change*. Homewood, IL: Dorsey Press, 1984.

Rollnick, S., Mason, P., Butler, C. *Health Behavior Change: A Guide for Practitioners*. New York, NY: Harcourt Publishers Ltd., 2000.

📖 Articles

Berg-Smith, S.M., et al. A Brief Motivational Intervention to Improve Dietary Adherence in Adolescents. *Health Education Research*, 14(3), 399-410. 1999.

Keller, V.F., White, M.K. Choices and Changes: A New Model for Influencing Patient Health Behavior. *Journal of Communications in Medicine*, 4(6), 33-36. 1997.

Noonan, W.C., Moyers, T.B. Motivational Interviewing: A Review. *Journal of Substance Misuse*, 2, 8-16. 1997.

Resnicow, K., et al. A Motivational Interviewing Intervention to Increase Fruit and Vegetable Intake Through Black Churches: Results of the Eat for Life Trial. *American Journal of Public Health*, 91(10), 1686-1693. 2001.

Rollnick, S., Heather, N., Bell, A. Negotiating Behavior Change in Medical Settings: The Development of Brief Motivational Interviewing. *Journal of Mental Health*, 1, 25-37. 1992.

Smith, D.E., et al. Motivational Interviewing to Improve Adherence to a Behavioral Weight-Control Program for Older Obese Women with NIDDM: A Pilot Study. *Diabetes Care*, 20(1), 52-54. 1997.

📖 Internet Resources

Nutrition Education: On the Road to Excellence. Teleconference sponsored by the Southwest Region of USDA. April 26-27, 2001.

Full text: <http://www.tdh.state.tx.us/wichd/tng/ontheroadtoexcl-S.pdf>

Motivational Interviewing. Mid-Atlantic Addiction Technology Transfer Center

Web site: <http://www.motivationalinterview.org/>

Description: This site provides information on the background and practice of motivational interviewing.