

Target Group:

Persons over 15 years

Aim of the Method

Support for life style behavior change: physical activity, dietary behavior, drug use, alcohol use, smoking, rest and sleep, mental health

Level of Participation:

High

Type of Method:

Dialogic and individual focused method

DESCRIPTION

MI is based on the co-operation between a health professional and a person.

MI is a person-centered counselling method, which purpose is to find and strengthen the person's motivation towards lifestyle changes.

With MI persons are encouraged and supported to set their own goals and activities for the lifestyle changes.

The role of the public health professional is to be a person's coach and only, if necessary, to give information about a certain and individual health issue (e.g. overweight, smoking).

MI is a solution-focused method.

TIPS FOR THE USERS

Pros and cons:

- ▶ + Person-centered method
- ▶ + Person have an active role
- ▶ + Effective method
- ▶ + Persons feel themselves important and esteemed
- ▶ + MI works well with persons, who want to change their lifestyles
- ▶ - Time-consuming
- ▶ - All persons are not able to set their own goals
- ▶ - All persons are not motivated to make any lifestyle changes

RESOURCES NEEDED:

- ✓ Public health professional
- ✓ MI education and training for the health professional
- ✓ Peaceful meeting room
- ✓ Several meetings (à 30-45 min.)
- ✓ Can be delivered in-person, via telephone, online or through various combinations

