



Review

Effectiveness of motivational interviewing on lifestyle modification and health outcomes of clients at risk or diagnosed with cardiovascular diseases: A systematic review



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ABSTRACT

Background and objective: Clinically, there is an increasing trend in using motivational interviewing as a counseling method to help clients with cardiovascular diseases to modify their unhealthy lifestyle in order to decrease the risk of disease occurrence. As motivational interviewing has gained increased attention, research has been conducted to examine its effectiveness.

This review attempts to identify the best available evidence related to the effectiveness of motivational interviewing on lifestyle modification, physiological and psychological outcomes for clients at risk of developing or with established cardiovascular diseases.

Design: Systematic review of studies incorporating motivational interviewing in modifying lifestyles, improving physiological and psychological outcomes for clients at risk of or diagnosed with cardiovascular diseases.

Data sources: Major English and Chinese electronic databases were searched to identify citations that reported the effectiveness of motivational interviewing. The searched databases included MEDLINE, British Nursing Index, CINAHL Plus, PsycINFO, SCOPUS, CJNI, CBM, HyRead, WanFang Data, Digital Dissertation Consortium, and so on.

Review method: Two reviewers independently assessed the relevance of citations based on the inclusion criteria. Full texts of potential citations were retrieved for more detailed review. Critical appraisal was conducted by using the standardized critical appraisal checklist for randomized and quasi-randomized controlled studies from the Joanna Briggs Institute – Meta Analysis of Statistics Assessment and Review Instrument (JBI-MASARI). **Results:** After eligibility screening, 14 articles describing 9 studies satisfied the inclusion criteria and were included in the analysis. Only certain outcomes in certain studies were pooled for meta-analysis because of the large variability of the studies included, other findings were presented in narrative form. For lifestyle modification, the review showed that motivational interviewing could be more effective than usual care on altering smoking habits. For physiological outcomes, the review showed that motivational interviewing positively improved client's systolic and diastolic blood pressures but the result was not significant. For psychological outcomes, the review showed that motivational interviewing might have favorable effect on improving clients' depression. For other outcomes, the review showed that motivational interviewing did not differ from usual care or usual care was even more effective.

Conclusions: The review showed that motivational interviewing might have favorable effects on changing clients' smoking habits, depression, and three SF-36 domains. For the

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other outcomes, most of the results were inconclusive. Further studies should be performed to identify the optimal format and frequency of motivational interviewing. Primary research on the effectiveness of motivational interviewing on increasing clients' motivation and their actual changes in healthy behavior is also recommended.

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What is already known about the topic?

- CVD is the leading cause of death worldwide, and lifestyle modification can prevent the occurrence or recurrence of the disease.
- MI is a widely used counseling method to help clients with CVDs to modify their unhealthy lifestyle and thus decrease their risk of disease occurrence.
- The effectiveness of MI on modifying unhealthy behavior of patients with CVDs remains unknown.

What this paper adds

- This is the first review to systematically evaluate the effectiveness of MI on lifestyle modification and on physiological and psychological outcomes for clients at risk or diagnosed with CVDs.
- Inconsistent findings have been reported regarding the effectiveness of MI on changing the lifestyle of patients with CVDs.

1. Background

Cardiovascular diseases (CVDs) are a leading cause of death and a major cause of disability worldwide (World Health Organization, 2012). Scholars have predicted that more than 23 million people could die from CVDs by 2030 (World Health Organization, 2012). As most CVDs are caused by modifiable risk factors, they can be prevented by smoking cessation and increasing activity levels and intake of fruits and vegetables (World Health Organization, 2012). These behavioral factors are inter-related and can cause a synergistic effect on morbidity and mortality (Berenson et al., 1998). If people engage in healthy living styles, the risk of developing myocardial infarction and disease recurrence can be greatly reduced (Braverman, 2011; Yusuf et al., 2004). Nevertheless, changing the unhealthy behavior of an individual is always difficult. About 75% of clients with manifested signs and symptoms of CVDs were unable to change their behavior, despite that they were informed regarding the risk factors of their disease (Emmen et al., 2006). Inability to change lifestyle could be attributed to the traditional approach of advice-giving consultation. This form of consultation has been proven to be ineffective unless the client is motivated and ready to change (Van Nes and Sawatzky, 2010). If the client is ambivalent in wanting to change, this traditional didactic form of intervention may even increase their resistance to change (Emmen et al., 2006).

Motivational interviewing (MI), a counseling method introduced in 1980s by Miller and Rollnick (2004), was originally developed for counseling clients with substance abuse. MI is a directive and person-centered counseling

that aims to change people's perceptions on their unhealthy behavior. Guiding them to elicit change and also strengthen their motivation toward the change in the interest of their health. There are four spirits in delivering MI, including partnership, acceptance, compassion and evocation (Miller and Rollnick, 2013). The MI provider will try to enhance the client's discrepancy or inconsistency between his central belief and the ill-health behavior throughout the counseling. This is to help increase the person's motivation to change (Levensky et al., 2007).

Currently, MI is widely used in many health conditions as treatment intervention, including treatment adherence, smoking cessation, healthy diet consumption, performing regular exercise, HIV risk reduction, and even prevention and management of chronic diseases (Levensky et al., 2007). Systematic reviews and meta-analyses have shown that MI can outperform the traditional advice-giving treatment by approximately 80% in treatment of different behavioral problems and diseases (Everett et al., 2008; Rubak et al., 2005; Thompson et al., 2011). Therefore, MI has been widely used as a counseling method to help clients with CVDs to modify their lifestyle and thus reduce risk of CVD occurrence.

MI has gained wide attention as an intervention strategy to improve people's motivation on lifestyle modification and thus reduce their cardiovascular risk. Nevertheless, findings are inconsistent regarding its effectiveness. To the best of our knowledge, this topic has not been systematically reviewed and published in major databases. The findings of the present review attempts to answer whether MI is effective for lifestyle modification, and to improve the physiological and psychological outcomes for individuals at risk or diagnosed with CVDs.

2. Methods

2.1. Aim

This study aims to systematically review the effectiveness of MI on lifestyle modification and physiological and psychological outcomes for clients at risk and diagnosed with CVDs. The review protocol has been registered with the Joanna Briggs Institute (JBI) Library, with the registration number JBI 7677, and can be accessed via the JBI Database of Systematic Reviews & Implementation Reports.

2.2. Design

A systematic review was conducted to identify and summarize the findings of all relevant studies on the effectiveness of MI. The Preferred Reporting Items for Systematic Reviews and Meta-Analyses (PRISMA) checklist

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