

Motivational Interviewing / Motivational Enhancement Therapy for Smoking

Program description:

Motivational Interviewing is a client-centered approach to counseling that helps clients overcome their ambivalence or lack of resolve for behavioral change. In a collaborative and supportive setting, counselors elicit motivation to change from the client rather than through direction or persuasion. Motivational enhancement therapy incorporates structured assessments and follow-up sessions for personal feedback regarding assessment findings.

Typical age of primary program participant: 30

Typical age of secondary program participant: N/A

Meta-Analysis of Program Effects

Outcomes Measured	Primary or Secondary Participant	No. of Effect Sizes	Unadjusted Effect Sizes (Random Effects Model)			Adjusted Effect Sizes and Standard Errors Used in the Benefit-Cost Analysis					
			ES	SE	p-value	First time ES is estimated			Second time ES is estimated		
						ES	SE	Age	ES	SE	Age
Regular smoking	P	24	-0.25	0.08	0.00	-0.19	0.08	30	-0.19	0.08	40

Effect size adapted from Lundahl et al., 2010.

Benefit-Cost Summary

The estimates shown are present value, life cycle benefits and costs. All dollars are expressed in the base year chosen for this analysis (2011). The economic discount rates and other relevant parameters are described in Technical Appendix 2.	Program Benefits					Costs	Summary Statistics			
	Partici-pants	Tax-payers	Other	Other Indirect	Total Benefits		Benefit to Cost Ratio	Return on Invest-ment	Benefits Minus Costs	Probability of a positive net present value
	\$198	\$295	\$342	\$7,115	\$7,949	-\$206	\$38.49	22%	\$7,743	99%

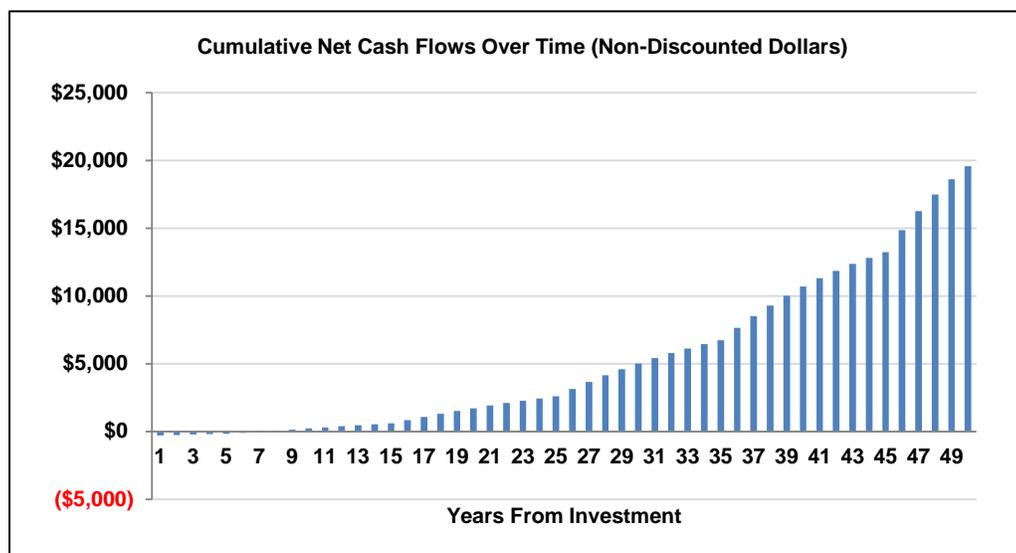
Detailed Monetary Benefit Estimates

Source of Benefits	Benefits to:					
	Partici-pants	Tax-payers	Other	In-direct	Total Benefits	
Earnings via regular smoking	\$112	\$41	\$94	\$6,989	\$7,236	
Health care costs for regular smoking	\$86	\$253	\$248	\$126	\$713	

Detailed Cost Estimates

The figures shown are estimates of the costs to implement programs in Washington. The comparison group costs reflect either no treatment or treatment as usual, depending on how effect sizes were calculated in the meta-analysis. The uncertainty range is used in Monte Carlo risk analysis, described in Technical Appendix 2.	Program Costs			Comparison Costs			Summary Statistics	
	Annual Cost	Program Duration	Year Dollars	Annual Cost	Program Duration	Year Dollars	Present Value of Net Program Costs (in 2011 dollars)	Uncertainty (+ or - %)
	\$155	1	1997	\$0	1	1997	\$206	10%

Source: Costs are based on an average of 110 minutes of counseling by a trained therapist per intervention. The length of the motivational intervening intervention is the average number of minutes reported in the meta-analyzed studies. The hourly rate was reported in Office of Applied Studies. (2004, June). Alcohol and drug services study (ADSS) cost study. Rockville, MD: Department of Health & Human Services, Substance Abuse and Mental Health Services Administration, Author, p. 23. Another 12 percent was added to costs for administration.



Multiplicative Adjustments Applied to the Meta-Analysis

Type of Adjustment	Multiplier
1- Less well-implemented comparison group or observational study, with some covariates.	0.5
2- Well-implemented comparison group design, often with many statistical controls.	0.5
3- Well-done observational study with many statistical controls (e.g., IV, regression discontinuity).	0.75
4- Random assignment, with some RA implementation issues.	0.75
5- Well-done random assignment study.	1.00
Program developer = researcher	0.5
Unusual (not "real world") setting	0.5
Weak measurement used	0.5

Studies Used in the Meta-Analysis

Ahluwalia, J. S., Okuyemi, K., Nollen, N., Choi, W. S., Kaur, H., Pulvers, K., & Mayo, M. S. (2006). The effects of nicotine gum and counseling among African American light smokers: A 2 x 2 factorial design. *Addiction, 101*(6), 883-891.

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