

Reduceing risk of second stroke through motivational interviewing

About 25% of people who have a stroke will have a second stroke within the next 12-months. The purpose of this study was to determine if Motivational Interviewing (MI) could be used to reduce a person's risk of having a second stroke by increasing adherence to recommended medications and lifestyle changes. MI is a non-directive, cost effective 'talk therapy' whose aim is to increase an individual's own motivation to change his/her behaviour. In this study 386 people who had experienced a stroke were recruited. These participants were allocated to either receive usual care or usual care plus four individual MI sessions (at 28 days, 3, 6, and 9-months post stroke). Initial sessions were face-to-face, while follow-up sessions were conducted over the telephone. While blood pressure and cholesterol levels did improve more in those who received MI the difference between groups was not significant. What did improve significantly more in those who received MI was their self-reported adherence to prescribed medications at 6 and 9-months post-stroke. While further study is required to look at the effect of MI longer term, the findings suggest it could be a worthwhile consideration in planning post-stroke care.

Publication

[Improving Adherence to Secondary Stroke Prevention Strategies Through Motivational Interviewing: Randomized Controlled Trial.](#)

Barker-Collo S, Krishnamurthi R, Witt E, Feigin V, Jones A, McPherson K, Starkey N, Parag V, Jiang Y, Barber PA, Rush E, Bennett D, Aroll B

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