

Motivational interviewing-based health coaching as a chronic care intervention.

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Abstract

Objective To evaluate the impact of motivational interviewing-based health coaching on a chronically ill group of participants compared with non-participants. Specifically, measures that could be directly attributed to a health coaching intervention on chronic illness were assessed.

Design Quasi-experimental study design.

Setting A large medical university in the north-west United States.

Methods One hundred and six chronically ill program participants [completed](#) a health risk [survey](#) instrument prior to enrolment and again at approximately 8 months. Outcomes were compared with 230 chronically ill non-participants who completed [the survey](#) twice over a similar time frame. Inverse probability of treatment weights were used in conjunction with the propensity score to correct for selection bias.

Results Compared with non-participants, program participants improved their self-efficacy ($P = 0.01$), patient activation ($P = 0.02$), lifestyle change score ($P = 0.01$) and perceived health status ($P = 0.03$). Fewer participants increased their stages of change risk over time than non-participants ($P < 0.01$), and more participants decreased their stages of change risk over time than non-participants ($P = 0.03$).

Conclusion These results support motivational interviewing-based health coaching as an effective chronic care management intervention in impacting outcome measures that could also serve well as a proxy in the absence of other clinical or cost indices.