

Pediatrician-perceived preparedness in motivational interviewing (MI) and perceived effectiveness in counseling children with obesity

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Background

- Childhood obesity continues to be a common and complex condition for U.S. pediatricians to address, with an estimated 17% of children affected.
- Studies suggest that motivational interviewing (MI) is effective in bringing about behavior change in children with obesity, but less is known about the self-efficacy of pediatrician regarding effective use of MI.

Objective

To examine characteristics associated with pediatrician-perceived:

- Ability to use MI
- Effectiveness of counseling children with obesity
- The association between the ability to use MI and effectiveness on counseling children with obesity.

Data and Methods

Data

- Nationally representative surveys of non-retired, US pediatricians from the American Academy of Pediatrics' Periodic Survey in 2017.
- Randomly selected sample drawn from the AAP's member database:
 - Response rate=50%
- Analytic sample included practicing pediatricians and residents who provide health supervision (n=704)

Sample Demographics

- Age:** <40 y: 37%; 40-49 y: 23%; 50-59 y: 23%; 60 y and older:17%
- Gender:** Female: 69%; Male: 31%
- Race/ethnicity:** White, non-Hispanic: 68%; Asian:18%; Minority:11%; Other: 3%
- Work setting:** Solo/two-physician:14%; Group practice/HMO: 55%; Medical school/hospital/health center: 31%
- Region:** South: 30%; Northeast: 28%; Midwest: 23%; West:19%

Key Variables

- Recent training in MI/shared decision-making strategies for behavior change (last 3 years): Yes or No
- Perceived ability to use MI for behavior change: Good/Very good/Excellent or Fair/Poor
- Perceived effectiveness in counseling patients with obesity: Somewhat/Very effective or Slightly/Not at all effective

Analysis

- Chi-square tests examined:
 - Report of recent training in MI related to a) desire for training/more training and b) perceived ability to use MI.
 - Pediatrician characteristics related to perceived 1) ability to use MI and 2) effectiveness in counseling patients with obesity.
- Multivariable logistic regression examined ability to use MI and effectiveness in counseling patients with obesity, with controls for age, gender, race/ethnicity, work setting, and region.

Results

Figure 1. Recent training in MI

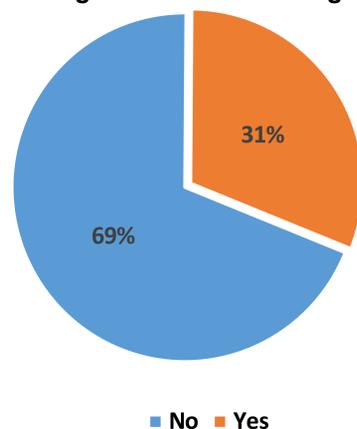
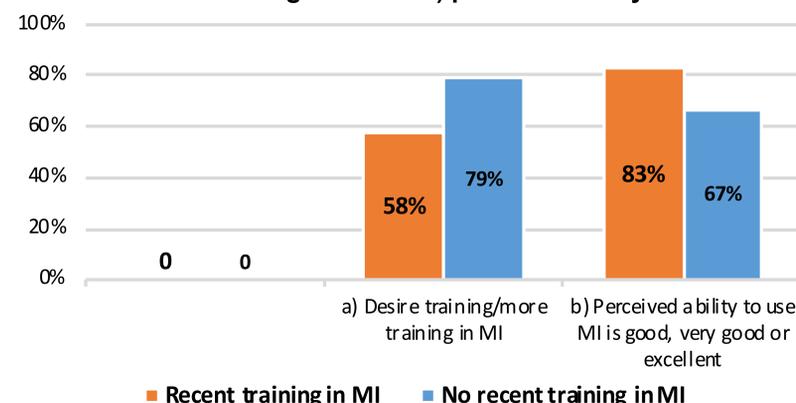


Figure 2. Association of recent training in MI and a) desire training in MI and b) perceived ability to use MI



Results

	Perceived ability to use MI: % reporting good, very good or excellent	Perceived own counseling on obesity management as effective: % reporting somewhat or very effective
All (N=693)	71.8	56.3
Age		
< 40 y (n=257)	77.4	56.8
40-49 y(n=156)	70.8	60.3
50-59 y (n=155)	63.9	51.6
60 y and older (n=116)	69.6	53.4
Gender		
Male (n=213)	72.9	55.4
Female (n=474)	71.0	56.1
Race/ethnicity		
White (n=465)	68.1	50.3
Asian (n=121)	79.0	70.2
Hispanic, Black, Native American (n=74)	78.1	63.5
Work setting		
Solo/2 MD practice (n=95)	68.5	64.2
Group practice/HMO (n=361)	69.4	53.2
Medical school, hospital, clinic, community health center (n=205)	76.4	56.6
Region of country		
Midwest (n=160)	67.1	46.3
Northeast (n=194)	67.7	56.2
South (n=209)	75.2	58.4
West (n=130)	77.9	65.4

Bolded numbers indicate variation, Chi-square p<0.05

Summary of Bivariate Results

Figure 1

- 31% of respondents reported recent training in MI.

Figure 2

- Overall, 71% of respondents reported wanting training in MI. 58% of those recently trained in MI and 79% of those not recently trained desired training/more training, p<0.001.
- Overall, 72% of respondents rated their ability to use MI as good, very good or excellent. Respondents recently trained in MI were more likely to report their ability to use MI is good, very good or excellent (83% vs 67%, p<0.001).

Table 1

- Perceived ability to use MI varied significantly by age and race/ethnicity.
- Over half (56.3%) perceived their own counseling on obesity management as somewhat or very effective, which varied significantly by race/ethnicity and region.

Results: Association of Ability to Use MI and Effectiveness in Counseling Patients with Obesity

- Respondents who rated their ability to use MI as good, very good or excellent were more likely than those rating it as fair or poor to report their counseling on obesity management to be somewhat or very effective (both bivariate and multivariable analysis):
 - 67% vs 28%, p<0.001
 - Adjusted odds ratio=4.71, 95% Confidence Interval=3.20-6.93.

Conclusion

- Overall, 7 in 10 pediatricians desire MI training.
- Recent training in MI is associated with self-efficacy in MI ability.
- Confidence in MI skills correlates with the perception that counseling of families with children with obesity is effective.
- Efforts to train pediatricians in MI should continue.

Limitations

Analysis is based on self-report survey data, and is generalizable to the pediatrician members of the AAP that meet the sample restrictions applied in this analysis.

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