

SUMMARY

Name and surname of the author, title of the dissertation

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Evaluation of the use of Motivational Interviewing in working with adolescents displaying risky behaviors on the example of the early intervention program FreD goes net

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Research subject and objectives with their scientific justification, main research problem

The subject of the research presented in the dissertation is the selected effects of using Motivational Interviewing as the main working method in the FreD goes net program - a brief (8-hour) early intervention implemented with a small group of adolescents (13-19 years old) noted for alcohol and/or drug use. The subject of the study is both the size of the effects and their sustainability, as well as selected factors that may be relevant to them.

The effect of the program is considered to be the changes occurring in adolescents participating in activities conducted in accordance with the program's guidelines. These changes relate to the frequency of use of psychoactive substances in specific time periods, intentions to use them in the future, beliefs about the risks involved, and illegal behavior (offenses). They also include motivation to change and changes in some of the protective factors and risk factors belonging to the canon of research on the effectiveness of adolescent risk behavior prevention.

The main objective of the research was to collect data to assess the effectiveness of Motivational Interviewing in the prevention of risky behavior in adolescents and to analyze its determinants on the part of the people to whom the interventions are addressed and the intervention implementers. The results of the research may be important for pedagogical practice in the area of prevention of risky behavior in adolescents. An additional objective was to construct a tool for examining the motivation for change based on the assumptions of

Motivational Interviewing and a tool for examining the competence of the staff implementing the program, i.e. the ability to apply the principles of MI in practice.

The implementation of the above-mentioned goals may contribute to the design of further research in the area of social prevention and increase the chances of using Motivational Dialogue in the work of educators and educators with other people and groups in need of support in the implementation of developmental tasks in adolescence.

The main research problem was to answer the question of what is the effectiveness of Motivational Interviewing in a short FreD intervention and which of the selected factors determine it? The paper describes the results corresponding to the following research problems: 1) What changes occur among participants of the program in terms of the frequency of psychoactive substance use, intentions of using them in the future, beliefs about the risks associated with their use and illegal behavior between measurements? 2) What changes are taking place in the participants of the program in terms of their functioning at school and at home? 3) What changes occur in the participants of the program in terms of motivation to change risky behavior immediately after the end of the intervention and 6 months later? 4) How do the respondents perceive the changes taking place under the influence of participation in the FreD program in terms of their knowledge, beliefs about the risk of using psychoactive substances and intentions of using them in the future 5) How do the respondents perceive the attitudes of people conducting classes in the context of compliance with the principles and spirit of MI? 6) Does the level of MI ability and the attitude of the implementer assessed in terms of its compliance with the principles and spirit of MI differentiate the changes taking place in the use of psychoactive substances?

Characteristics of the methods, techniques and research tools applied; the investigated sample

The presented research is of a practical nature and has been carried out in accordance with the strategy of quantitative research. The process of collecting empirical data was subordinated to the claims of theories explaining the risky behavior of young people and the operation of Motivational Interviewing as a factor conducive to making decisions by people about change. The course of the research was described in a way that allowed for its replication. The phenomena being the subject of the research have been defined in the language of theories constituting the theoretical basis of the research project and the researched preventive educational practice. A longitudinal study scheme and three measurements of a significant part of the variables were selected - before the start of prophylactic interventions using the FreD

program, immediately after their completion and 6 months after their completion. The survey technique was used in the study of young people. The survey questionnaires were completed electronically via mobile devices using a QR code and maintaining anonymity by assigning random codes to the participants. The study involved young people who, in accordance with the procedures, were referred to the FreD program on the basis of noting the use of an illegal psychoactive substance or alcohol consumption. The study was conducted in 25 facilities implementing the FreD program from 12 provinces in Poland. The results of measurements of 312 teenagers were included in the analysis. From the perspective of the program participants, the attitudes of the staff (30 people) carrying out the classes were examined by means of a survey, taking into account their compliance with the principles of MI. On the other hand, the ability to use MI was tested from the researcher's perspective using a tool developed by the author of this dissertation - a semi-structured interview.

Study conclusions

The results indicate that participation in the FreD program has beneficial effects in reducing the frequency of drinking alcohol, binge drinking, smoking marijuana and using other drugs. The greatest changes were observed in the case of alcohol and marijuana, while no significant differences were observed in the use of new psychoactive substances and smoking, except for the measurement taking into account the last 30 days before the study. Substance use results suggest that the MI method used in the FreD program may be an effective tool in the prevention and reduction of problem substance use among adolescents. In terms of the intention to use psychoactive substances, the respondents showed greater confidence in the third measurement that they would not use these substances in the future than in the first measurement. These differences were statistically significant for the entire group of subjects. The analysis of the comparison of changes in the groups of girls and boys led to the conclusion that statistically significant differences between the measurements occurred only in girls. The differences between the first and second measurements also showed that girls were more convinced that they would not use psychoactive substances in the future. The situation is similar when it comes to assessing the risk associated with the use of psychoactive substances. Therefore, the program seems to have a greater impact on reducing intentions and increasing the assessment of the risk of using psychoactive substances in the group of girls than in the group of boys.

Motivational interviewing as a method can also influence changes in the manifestation of unlawful behaviors. From the analysis of the results regarding these behaviors, significant

positive changes occurred in the entire study group, regardless of gender. These results may prove promising when using this method with adolescents residing in centers working with young people in conflict with the law. There were no statistically significant changes in the functioning of the participants at school and at home, but regardless of this, the respondents showed that there are fewer adverse events in the family. In the entire surveyed group of young people, in the second and third measurement, a higher average level of motivation to change was shown compared to before the start of the program. This difference was statistically significant, which may indicate a positive and desirable effect of the preventive effects of the early intervention program and the MI method used in it. The greatest increase in motivation was observed between the first and second measurement, and the greatest favorable changes sustained over time occurred in the group of adolescents with the lowest initial motivation. Participants of the FreD program positively assessed the attitude of the trainers, considering them to be in line with the principles and spirit of Motivational Interviewing. The competencies of the staff in the field of MI and their attitude consistent with the principles of this method differentiate some results. In terms of assessing the risk associated with the use of psychoactive substances, positive changes occurred in the youth groups, where the level of skills of the teachers was assessed higher. The attitude of the leader consistent with MI differentiates the changes in the frequency of getting drunk by the surveyed youth. In the analysis of changes in the motivation of the respondents, a correlation was found between the level of motivation in the third measurement and the assessment of the attitudes of the people conducting the classes. The analyzes revealed that the greatest positive changes in motivation occurred in the group of young people, where the classes were conducted by the best-rated teachers.

The research results presented in this dissertation should be treated with great caution due to limitations, the most important of which is that it was not possible to carry out analogous measurements in the control group, not subjected to any interactions or subjected to other interactions. Perhaps in the future, when another offer offering help to young people in a similar dimension, but based on a different method, strategy or approach, will make it possible to carry out research and compare the effectiveness of the FreD program in comparison with another intervention. Nevertheless, it can be hoped that the observed favorable changes are related to the participation of the respondents in classes in which Motivational Interviewing was the main method of work, which gives rise to indications that this method may be promising in working with teenagers displaying risky behavior.