This is a cumulative bibliography of outcome trials involving motivational interviewing (MI) in some way, all of which also included at least one control or alternative treatment condition comparing outcomes. The typical method for allocation of individuals to treatment was random assignment but quasi-experimental designs are also included. Single group pre/post treatment evaluation designs have not been included.

A caveat: The interventions evaluated in these trials varied widely in content and quality. Some were explicitly designed as MI and included fidelity monitoring. Others simply mentioned MI “techniques” as part of the intervention and offered no quality assurance documentation to indicate how well, if at all, MI was actually delivered. For a discussion of these methodological issues see Miller, W. R., & Rollnick, S. (2014). The effectiveness and ineffectiveness of complex behavioral interventions: Impact of treatment fidelity. Contemporary Clinical Trials, 37(2), 234-241.


Graf, C., Schlepper, S., Bauer, C., Ferrari, N., Frank, S., Gartner, L., . . . Sternal, K. (2016). Feasibility and acceptance of exercise recommendations (10,000 steps a day) within routine German health


Results from the RESPONSE randomized controlled trial. *BMC Cardiovascular Disorders, 16*(144).


doi:10.1186/s12889-016-3827-x


Terry, J., Strait, G., McQuillin, S., & Smith, B. H. (in press). Dosage effects of motivational interviewing on middle-school students' academic performance: Randomized evaluation of one versus two sessions. Advances in School Mental Health Promotion.


