



UvA-DARE (Digital Academic Repository)

Motivational interviewing

Active ingredients and mechanisms of change

Dobber, J.T.P.

Publication date

2020

Document Version

Other version

License

Other

[Link to publication](#)

Citation for published version (APA):

Dobber, J. T. P. (2020). *Motivational interviewing: Active ingredients and mechanisms of change*.

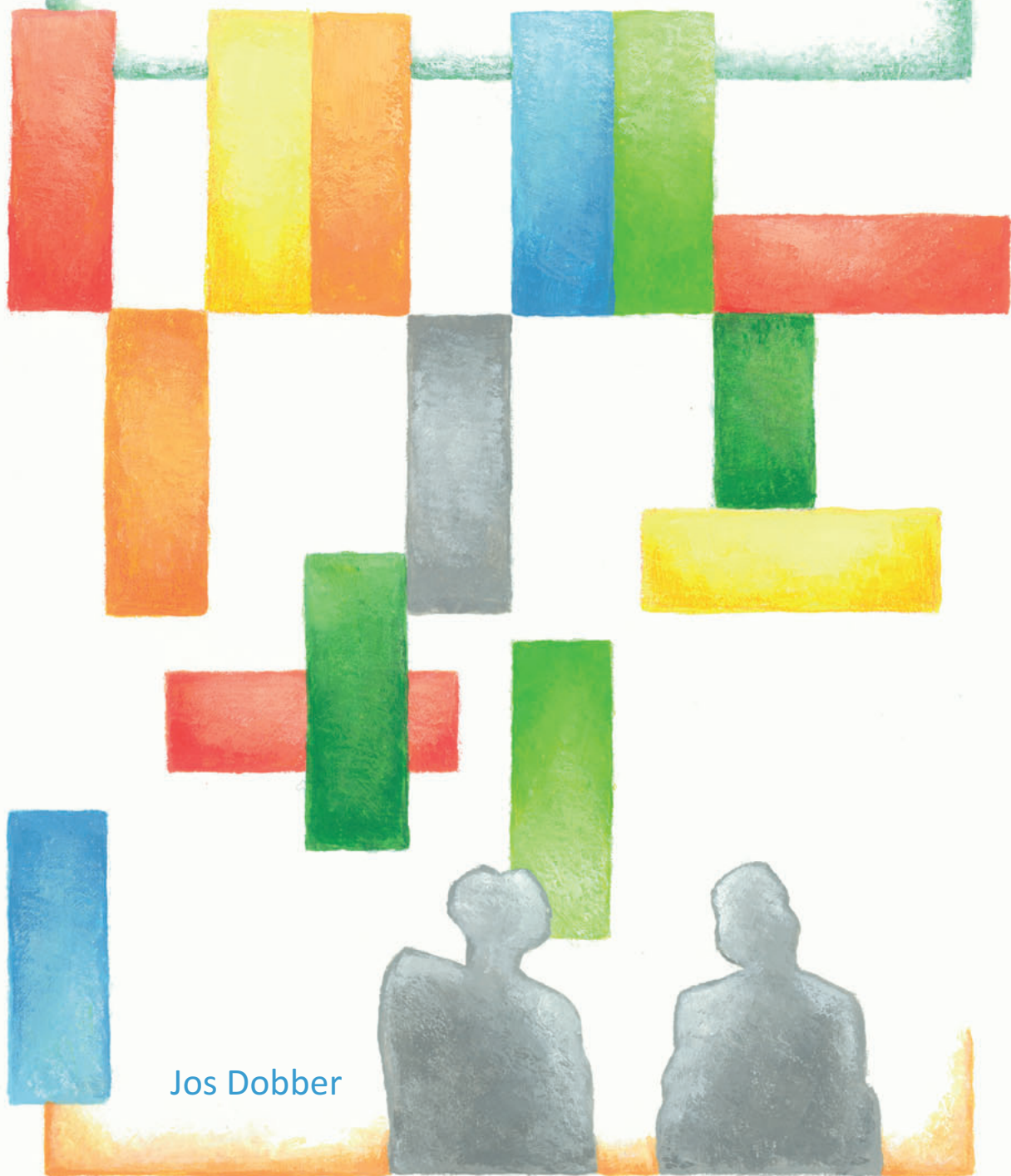
General rights

It is not permitted to download or to forward/distribute the text or part of it without the consent of the author(s) and/or copyright holder(s), other than for strictly personal, individual use, unless the work is under an open content license (like Creative Commons).

Disclaimer/Complaints regulations

If you believe that digital publication of certain material infringes any of your rights or (privacy) interests, please let the Library know, stating your reasons. In case of a legitimate complaint, the Library will make the material inaccessible and/or remove it from the website. Please Ask the Library: <https://uba.uva.nl/en/contact>, or a letter to: Library of the University of Amsterdam, Secretariat, Singel 425, 1012 WP Amsterdam, The Netherlands. You will be contacted as soon as possible.

Motivational Interviewing: Active Ingredients and Mechanisms of Change



Jos Dobber

**MOTIVATIONAL INTERVIEWING:
ACTIVE INGREDIENTS AND MECHANISMS OF CHANGE**

Jos Dobber

Motivational Interviewing: active ingredients and mechanisms of change
Jos Dobber

ISBN/EAN: 978-94-6375-761-4

Copyright © 2020 Jos Dobber, Amsterdam, The Netherlands

The work in this thesis was financially supported by a research grant from the Netherlands Organisation for Scientific Research (NWO) (grant no. 023.004.060).

All rights reserved. No part of this thesis may be reproduced, stored or transmitted in any way or by any means without the prior permission of the author, or when applicable, of the publishers of the scientific papers.

Cover design by Cathelijne van der Burg, Santpoort-Zuid

Layout and design by Birgit Vredenburg, persoonlijkproefschrift.nl

Printing: Ridderprint BV | www.ridderprint.nl

**Motivational Interviewing:
active ingredients and mechanisms of change**

ACADEMISCH PROEFSCHRIFT

ter verkrijging van de graad van doctor

aan de Universiteit van Amsterdam

op gezag van de Rector Magnificus

prof. dr. ir. K.I.J. Maex

ten overstaan van een door het College voor Promoties ingestelde commissie,

in het openbaar te verdedigen in de Agnietenkapel

op woensdag 1 april 2020 te 12.00 uur

door

Joseph Tarcisius Pius Dobber

geboren te Amsterdam

PROMOTIECOMMISSIE

Promotores:	Prof. dr. R.J.G. Peters	AMC-UvA
	Prof. dr. W.J.M. Scholte op Reimer	AMC-UvA
Copromotores:	Dr. C.H.M. Latour	Hogeschool van Amsterdam
	Prof. dr. B.K.G. van Meijel	Vrije Universiteit Amsterdam
Overige leden:	Prof. dr. A.T. Harder	Erasmus Universiteit Rotterdam
	Dr. H.T. Jørstad	AMC-UvA
	Dr. J.M. de Jonge	Hogeschool van Amsterdam
	Prof. dr. G.M. Schippers	AMC-UvA
	Prof. dr. E.M.A. Smets	AMC-UvA
	Prof. dr. R. de Vos	AMC-UvA
	Prof. dr. J.C.M. van Weert	Universiteit van Amsterdam

Faculteit der Geneeskunde

Deo Fidendum, Mediis Utendum

(gevelopschrift voormalige apotheek Rozijnenkorf, Deventer)

Vertaling volgens de VVV-wandelgids:

‘Vertrouw op God, maar neem wel uw medicijnen in’

TABLE OF CONTENTS

Chapter 1	Introduction and outline of this thesis	9
Chapter 2	Selecting an optimal instrument to identify active ingredients of the motivational interviewing-process Dobber J, Van Meijel B, Barkhof E, Scholte op Reimer W, Latour C, Peters R, Linszen D. <i>Journal of Psychosomatic Research 2015</i>	21
Chapter 3	Medication adherence in patients with schizophrenia: a qualitative study of the patient process in motivational interviewing Dobber J, Latour C, De Haan L, Scholte op Reimer W, Peters R, Barkhof E, Van Meijel B. <i>BMC Psychiatry 2018</i>	47
Chapter 4	Active ingredients and mechanisms of change in motivational interviewing for medication adherence. A mixed methods study of patient-therapist interaction in patients with schizophrenia Dobber J, Latour C, Van Meijel B, Ter Riet G, Barkhof E, Peters R, Scholte op Reimer W, De Haan L. Submitted	71
Chapter 5	Developing nurses' skills in motivational interviewing to promote a healthy lifestyle in patients with coronary artery disease Dobber J, Latour C, Snaterse M, Van Meijel B, Ter Riet G, Scholte op Reimer W, Peters R. <i>European Journal of Cardiovascular Nursing 2019</i>	125
Chapter 6	Active ingredients and mechanisms of change in motivational interviewing for smoking cessation in patients with coronary artery disease. A mixed methods study Dobber J, Snaterse M, Latour C, Peters R, Ter Riet G, Scholte op Reimer W, De Haan L, Van Meijel B. Submitted	147
Chapter 7	General discussion and future directions	191
	Summary	207
	Nederlandstalige samenvatting	219
	List of publications	230
	PhD Portfolio	232
	Dankwoord	234
	About the author	240