

Bibliography

- Abildsnes, E., Andresen, N. E., Storbækken, S., Samdal, G. B., Mildestvedt, T., & Meland, E. (2021). How is motivational interviewing (un)related to self-determination theory: An empirical study from different healthcare settings. *Scandinavian Journal of Psychology*, 62(5), 661–669. <https://doi.org/10.1111/sjop.12757>
- Gutnick, D., & McNeilly, S. (2023). Motivational interviewing is “doing” what matters: Integrating motivational interviewing spirit and skills into what matters to you? conversations. *Journal of Patient Experience*, 10, 23743735251317041. <https://doi.org/10.1177/23743735251317041>
- Kumar, R., Sahu, M., & Rodney, T. (2022). Efficacy of motivational interviewing and brief interventions on tobacco use among healthy adults: A systematic review of randomized controlled trials. *Investigación y Educación en Enfermería*, 40(3), e03. <https://doi.org/10.17533/udea.iee.v40n3e03>
- Miller, W. R., & Rollnick, S. (2023). *Motivational interviewing: Helping people change & grow* (4th ed.). Guilford Press.
- Pérula-Jiménez, C., Romero-Rodríguez, E., Fernández-García, J. A., Parras-Rejano, J. M., Carmona-Casado, A. B., Rich-Ruiz, M., González-De la Rubia, A., & Baleato-Gomez, J. (2024). Effectiveness of a motivational interviewing-based intervention in decreasing risky alcohol use in primary care patients in Spain: A controlled clinical trial. *Healthcare*, 12(19), 1970. <https://doi.org/10.3390/healthcare12191970>