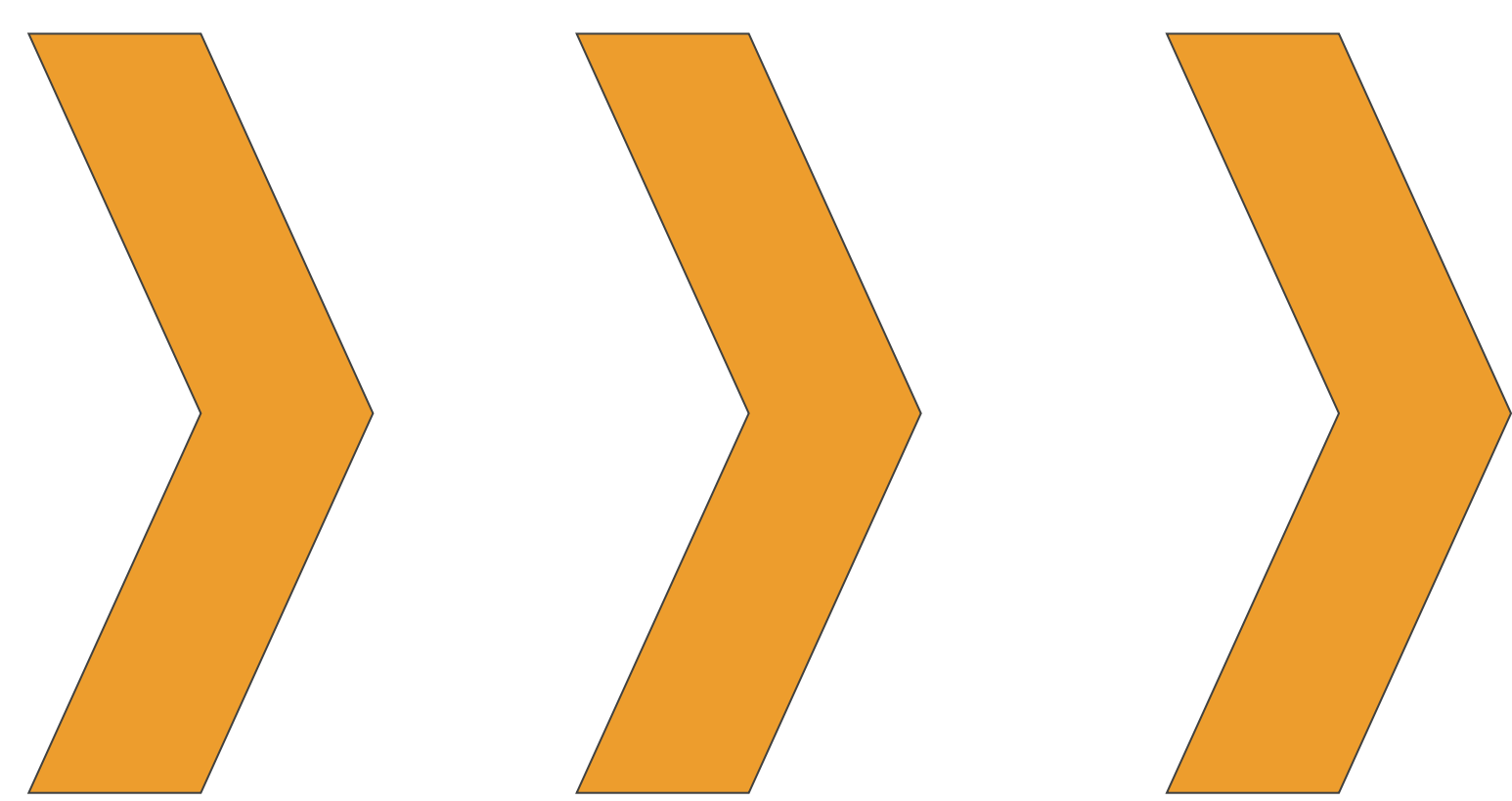


# Quitting with support: A patient centered program using Motivational Interviewing for Smoking Cessation

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Motivational interviewing (MI) supports smokers to overcome ambivalence and build personal motivation to quit through empathy, reflective listening, and collaborative goal-setting<sup>1</sup>.

## Core Components of a Social Work–Led MI Outpatient Smoking Cessation Program



### Exploring Ambivalence

**Patient:** "I know smoking harms my lungs, but it helps me stay calm during cancer treatment, and I'm not sure I can cope without it even though I want to be healthier."

**Social Worker:** "I hear smoking helps when you're stressed, but you're also worried about what it's doing to your overall health."

#### Encourages

Exploration with patient  
It is a non-judgmental approach

#### Benefits

Reduces Resistance  
Helps Patient resolve internal conflict

### Scaling Questions

"On a scale of 0–10, how important is it for you to quit smoking?"

"On a scale of 0–10, how confident do you feel about being able to do so?"

#### Follow-up prompts

"What would need to happen to get you to move up on the scale?"

"What change can you implement to help you get to that number?"

#### Benefits

Builds self-efficacy and problem-solving  
Identifies motivation level

### Open Ended Questions

"What are your barriers to quitting smoking?"

"If you were to quit, what benefits would you hope to gain?"

#### Encourages

Patient reflection  
Expression of personal values and goals

#### Benefits

Elicits meaningful change talk  
Promotes deeper engagement

### Moving from Sustain Talk to Change Talk

**Sustain talk:** "Smoking is one of the only things that helps me cope with stress"

**Change talk:** "Quitting could improve my treatment outcomes and help me feel healthier overall."

#### Encourages

Increased motivation  
Increased engagement

#### Benefits

Strengthens patient driven motivation

### Supporting Autonomy

Social Worker: What feels like the right next steps for you?

#### Emphasizes

Patient choice and control  
Collaborative communication

#### Benefits

Increases adherence to cessation plans  
Strengthens patient-provider relationship



### Protocol Session Topics<sup>2</sup>

- Addiction and Nicotine
- Psycho-education on smoking cessation medication
- Stress Management and managing cravings
- Smoke free home/car
- Social Support
- Slips vs Relapse
- Challenging stigma and negative self talk
- Rewards when achieving quit goals
- Risk of other forms of tobacco
- Pause-breathe- reflect-choose
- Pleasant behaviors and Self-care
- Picturing positive change
- State Quitline information

1. Miller, W. R., & Rollnick, S. (2013). Motivational interviewing: Helping people change (3rd edition). The Guilford Press.

2. Massachusetts General Hospital, & Dana-Farber Cancer Institute. (2019). *HCC/DFCI/MGH Smokefree Support Service tobacco treatment counseling manual* (MGH 1811).