

Clinical Tips: Contraception - Motivational Interviewing

For AHPs, it might be appropriate for the clinician to ask more general questions such as:

- Are you using any form of contraception?
- Do you mind telling me what you use?
- Did you consult with a GP?

Depending on the responses provided, the AHP may then refer the patient to either a GP known to the younger person, and/or to education resources. The AHP could write a brief clinical letter to a GP introducing the patient and their responses for referral/consultation re: contraception.

There may be a role for the AHP to apply motivational interviewing in discussing contraception if the young person is concerned or appears at risk in terms of unwanted STIs or unwanted pregnancy.

The principles behind MI in contraceptive counselling include:

- Asking about the young person to imagine their reaction and feelings if they found out they/their partner was pregnant
- Asking about the young person's risky behaviour and asking them to compare it with the non-risky behaviour patterns of peers or other young people
- Ask the young person about prevalent STUs and ask about what preventative methods are effective.

At each of these stages, the AHP should aim to listen empathically and ask questions that demonstrate the engagement.

Share information and promoting behaviours to reduce risk.

The aim of this approach is to emphasise the discrepancies between goals and behaviours and supporting the young person's confidence in using appropriate contraceptive methods.

Video:

[Motivational Interviewing – Condom Use](#)

[Motivational Interviewing – The Spirit of MI](#)

[Motivational Interviewing – Resisting the Righting Reflex](#)

[Motivational Interviewing – The Righting Reflex](#)