Observer Sheet: OARS

Listen for examples of the interviewer’s use of each of the OARS responses. As you hear them, place a hash mark (|) in the appropriate row. Make notes of examples of each type of OARS responses that you heard.

|  |  |  |
| --- | --- | --- |
| **Interviewer Response** | **Count (hash marks)** | **Good Example(s)** |
| **Questions** | **Open** |  |  |
| **Closed** |  |
| **Affirmations** |  |  |
| **REFLECTIONS** |  |  |
| **Summarizations** |  |  |
| **Roadblocks/Traps** |  |  |

|  |  |
| --- | --- |
| **Goals:** | **Goal met?** |
| 1. At least twice as many Reflections as total Questions (*combined* Open & Closed). |  |
| 2. At least twice as many Open Questions as Closed Questions. |  |
| 3. Few Affirmations. |  |
| 4. One or two Summaries. |  |
| 5. Avoid Advice, Teaching, Confrontation. |  |

# MI Adherent Feedback:

1. What was your experience like?

2. *(Reflect, Elaborate, Summarize, Affirm)*

3. Would you like to see the rating sheet?

4*. (Any further discussion should be initiated by the RECIPIENT of the feedback).*

**To be filled in by RECIPIENT:**

On the next interview practice, I would like to do…

**More: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Less: ­­­­­­­­­­­­­­­­­\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**