

Adapted Motivational Interviewing to Improve Glaucoma Treatment Acceptance in Bauchi, Nigeria

Abdull M. Mahdi¹, McCambridge Jim², Evans Jennifer³, Muazu Fatima¹ and Gilbert Clare³

¹Abubakar Tafawa Balewa University Teaching Hospital, Bauchi

²University of York, UK

³London School of Hygiene and Tropical Medicine, London

Corresponding author: Abdull M. Mahdi, Email: abdullmm@yahoo.com

Purpose: To assess whether adapted motivational interviewing (MI) has any impact on the proportion of participants who subsequently underwent surgery or laser treatment for glaucoma.^{1,2}

Methods: A single site randomized controlled trial in Bauchi, Nigeria. Participants were new patients with a confirmed diagnosis of primary open-angle glaucoma in 1 or both eyes, where surgery or laser was recommended.^{3,4} Intervention was a session of MI adapted for glaucoma and the local context, using an interview guide based on local qualitative research.^{5,6} Participants were randomly allocated to intervention or usual care. Usual care was routine explanation by an ophthalmologist and an educational pamphlet. After the interview, a 12-item Working Alliance Inventory questionnaire was administered to patient-interviewer pairs to assess the collaborative relationship.

Results: Two hundred seventy-six glaucoma patients participated; 70% males. One hundred thirty-five (49%) were assigned to adapted MI and 141 to usual care. All received the intervention as allocated. Uptake (ie, the proportion who underwent treatment) of laser or surgery in the MI group was 52% compared with 45% in the usual care group (risk difference 7.2%; 95% confidence interval, “4.5% to 18.9%). Mean Working Alliance Inventory scores were 68.0 for interviewers and 68.5 for participants with a combined reliability coefficient of 93.9% (ie, high internal consistency and reliability).

Conclusion: We observed only a small increase in the uptake of surgery or laser with MI compared with usual care which was not statistically significant. Although only 1 in 2 patients accepted

surgery or laser in this trial, this is a much higher proportion than in other studies.

References

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