

## **Motivational Interviewing for Smoking Cessation**

### **CME/CNE Assessment – Question Sheet**

Please submit the completed answer sheet by email ([taco@dh.gov.hk](mailto:taco@dh.gov.hk)) to the Tobacco and Alcohol Control Office, Department of Health on or before **31 December 2024**. The passing mark is 70%.

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#### **Assessment Questions**

1. The five stages of change (in correct sequence) in trans-theoretical model are:
  - A. Precontemplation, Contemplation, Action, Preparation, Maintenance
  - B. Precontemplation, Contemplation, Preparation, Action, Maintenance
  - C. Precontemplation, Contemplation, Preparation, Action, Relapse
  - D. Precontemplation, Preparation, Contemplation, Action, Relapse
  
2. What are the 4 elements in core spirits of MI?
  - A. Compassion, Acceptance, Collaboration, Evocation
  - B. Acceptance, Compassion, Cooperation, Evocation
  - C. Acceptance, Sympathy, Collaboration, Evocation
  - D. Acceptance, Sympathy, Cooperation, Evocation
  
3. What are the 4 processes in MI?
  - A. Engaging, Focusing, Planning, Sustaining
  - B. Engaging, Narrowing, Planning, Sustaining
  - C. Engaging, Evoking, Focusing, Planning
  - D. Engaging, Focusing, Evoking, Planning
  
4. OARS refers to:
  - A. Open, Active, Reflection, Sustain
  - B. Open-ended questions, Affirmation, Reflective listening, Summary
  - C. Open-ended questions, Active, Reflective listening, Sustain
  - D. Open, Affirmation, Reflective listening, Summary
  
5. DARN refers to:
  - A. Deep, Assess, Reasons, Need
  - B. Desire, Assess, Reasons, Need
  - C. Desire, Assess, React, Need
  - D. Desire, Ability, Reasons, Need

6. CATs refers to:
- A. Commitment, Activation, Taking steps
  - B. Commitment, Ability, Taking steps
  - C. Concentration, Ability, Taking steps
  - D. Concentration, Ability, Tolerate
7. Which of the following are not skills to evoke change talk?
- A. Querying extremes, explore goals and values
  - B. Looking back/forward, asking evocative questions
  - C. Conducting comprehensive assessments, listening to the clients
  - D. Using the importance ruler, looking back/forward
8. Which of the following are not skills to roll with resistance when experiencing sustain talk?
- A. Agreeing, triple-sided reflection
  - B. Straight reflection, coming alongside
  - C. Agreeing with a twist, emphasizing autonomy
  - D. Running head start, reframing
9. Which of the following is an appropriate action after realizing the mobilizing talks?
- A. Evoke motivations
  - B. Develop a specific change plan
  - C. Explore any reluctance and concerns
  - D. Reengaging the clients to build rapport
10. Which of the following is INCORRECT about elicit–provide–elicit?
- A. It is a sequence for information exchange
  - B. It respects client’s expertise and autonomy
  - C. We should not ask for client’s permissions, but to discuss with clients about possible solutions
  - D. We should emphasize personal choice and offer a menu of options