

USING MOTIVATIONAL INTERVIEWING TO SUPPORT PARENTS IN THEIR DECISION TO VACCINATE THEIR CHILDREN AGAINST COVID-19

A study conducted with New Brunswick parents* showed that there are **common concerns** about getting their children vaccinated against COVID-19.

Children don't need the vaccine.

I'm afraid of the long-term and immediate side effects.

This vaccine alters DNA.

I don't believe the vaccine is effective and safe.

The vaccine was developed too quickly.



Motivational interviewing, a proven effective approach to health behavior change, allows the conversation to be adapted to the needs of parents who are resistant or hesitant to vaccinate their child.

Motivational interview process



1

Involvement of the parent/child in the relationship:

Create a relationship of trust with the parent so that they feel comfortable expressing their concerns. Listen and validate their position.

2

Focalization:

Focus the discussion on vaccination to clarify the parent's or child's point of view (the reasons why they are hesitant).

3

Evocation:

Foster a discourse of change by helping parents explore their own arguments and motivations for possibly vaccinating their child.

4

Planning:

Facilitate vaccination by starting the process of making an appointment.



Parents' involvement in the relationship

Open-ended questions	Allow the parent/child to express their point of view to identify barriers to address	What are your expectations for today's meeting?
Statements	Demonstrate empathy to build a relationship of trust and increase the self-confidence of the parent/child	I appreciate that you have agreed to talk about this delicate and complex subject together...Your opinion is important and if I can support you in making a decision, I'm here...
Reflective active listening and summarizing	Show interest in what the parent is expressing and encourage exploration of the issue	I see that you are...about this... If I have understood correctly, you're hesitant to vaccinate your child because...

Focalization

Setting an agenda based on parent/child concerns	Helps to give direction to the discussion and to guide the parent/child through the discussion	If you agree, we could discuss your and/or your child's fears about getting the vaccine.
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Evocation

Conviction-trust scale	Allows to determine the Prochaska stage (precontemplation, contemplation, preparation, action)	On a scale of 1 to 10, how important do you think the COVID-19 vaccine is? Beneficial? Safe? What makes you say 5 rather than 3?
Decision-making balance	Initiates the parent's discourse of change	What are the benefits of getting your child vaccinated? Disadvantages? Benefits of not vaccinating your child? Disadvantages?
Exchange of information	Helps to educate the parent/child according to their needs and to correct false information	Can I tell you about the recent information on how the vaccine was developed? On adverse effects? On effectiveness? On the validation process?
Talk about previous similar decisions	Allows links to be made between previous situations and the current situation	You have had your child vaccinated in the past. What led you to make this decision?
Respect the parent's opinion	Avoids argument and allows for an honest discussion	I understand what you mean and I appreciate your honesty.

Planning

**Are you ready to consider getting your child vaccinated against COVID-19?
(you can reuse the conviction-trust scale)**

If the parent is in precontemplation or contemplation

If the parent is in preparation

Give them an information leaflet, provide reassurance and invite them to discuss it again whenever they want.

Discuss the best way to get an appointment and offer support.