

Quizzes, Polls & Hands-On Activities

Module 1

Poll to support engagement

Poll: Reflecting on Successful Patient Conversations

Before participating in the poll, take a moment to **reflect on a time when you successfully guided a patient toward positive behavior change.**

Think about what made that conversation effective.

Now, select the **key elements** that contributed to that success.

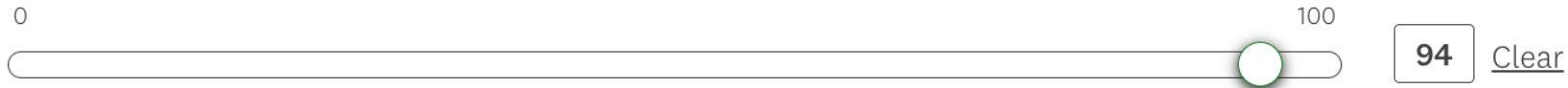
What factors helped your patient make and sustain a positive change? (Select all that apply)

- ☐ The patient and I had a strong, trusting relationship
- ☐ The patient understood the benefits of changing their behavior
- ☐ The patient recognized the risks of not making a change
- ☐ The patient and I had a clear and actionable plan
- ☐ The patient felt confident about implementing the change
- ☐ Other (please specify)

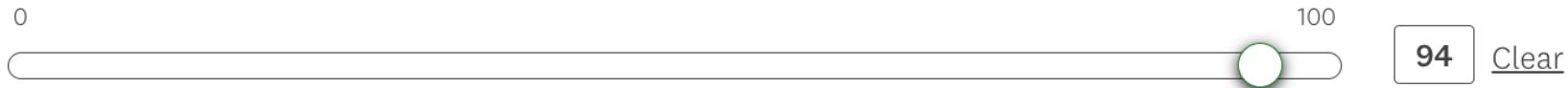
Click **submit** to see how others in the course experienced success and compare insights!

Module 3 Poll

1. To what extent did the lecture and preparatory work on motivation interviewing help you with patient role plays?



2. Would you recommend this module to a friend ?



Feedback on scores

Score above 75

Congratulations. Sounds like you really feel confident about trying this approach. Good luck. Moving forward, try asking your patients for feedback – what did they find helpful about your appointment, is there anything they would change? This feedback can help shape your clinical skills

Score 50 to 75

Thank you for your score. It's very natural to feel a little concerned when trying a new skill. With practice you will find that you grow increasingly confident. You might find that practicing some more role plays with colleagues that you trust and who can give you feedback may be useful.

For any score below 50, provide the following feedback:

Thank you for your score. Confidence grows with practice—try role-playing with colleagues you admire for their approach to behavior change.

You may want to start small, by building on past successes and adding one or two new techniques from this course. Was there an insight that stood out to you?

Change happens step by step. Experiment, refine, and keep going. You've got this!

Module 3 Quiz



Test your understanding of Motivational Interviewing and the GPS model with this short quiz. You'll find a mix of multiple-choice and true/false questions designed to reinforce key concepts from Module 3.

1. Which of the following best reflects the spirit of Motivational Interviewing (MI)?

- a) Providing structured advice to solve the patient's problem
- b) Encouraging the patient to reflect on their own motivations and choices
- c) Persuading the patient to adopt new habits through logical reasoning

(Correct Answer: b)

2. When exploring discrepancy, what is the most effective approach?

- a) Focusing on what the patient is doing wrong
- b) Asking questions that encourage the patient to compare their current behavior with their goals
- c) Offering solutions to the patient's barriers

(Correct Answer: b)

3. Which principle of MI helps build trust and fosters a strong connection with the patient?

- a) Rolling with Resistance
- b) Supporting Self-Efficacy
- c) Expressing Empathy

(Correct Answer: c)

4. True or False: Rolling with resistance means avoiding the topic entirely to maintain rapport.

(Correct Answer: False – It involves acknowledging the patient's concerns while keeping the conversation open.)

5. True or False: Expressing empathy involves understanding the patient's perspective but does not require agreeing with their behavior.

(Correct Answer: True)

Module 5 Course evaluation

Congratulations for completing this course. Your feedback is essential in helping us refine and improve the learning experience. Thank you for share your thoughts by answering the questions here below.

- 1. Skills Uptake** – After completing the course, **how confident** do you feel in **applying the GPS framework** in your practice?
 - Very confident
 - Confident
 - Somewhat confident
 - Not confident

- 2. Relevance to Daily Practice** – How **relevant** do you find the GPS framework **to your daily practice** as a dental hygienist?
 - Highly relevant
 - Relevant
 - Slightly relevant
 - Not relevant at all

- 3. Comprehension of the GPS Framework** – How well **do you understand each of the following steps of the GPS framework?**
(Rate each on a scale of 1-5, where 1 = Not at all, 5 = Fully understand)
 - Goal Setting
 - Planning
 - Self-Monitoring

- 4. Course Impact:** Do you feel the course **has improved your ability to help patients adopt** better oral health habits?
 - Significantly
 - Somewhat
 - A little
 - Not at all

Module 5 Course evaluation

5. Recommendation to Others: Would you **recommend this** course to a colleague or friend?

- Definitely
- Probably
- Probably not
- Definitely not

6. Additional Feedback:

- What did you **like most** about the course? (Open-ended)
- What improvements would you suggest **for future iterations of the course**? (Open-ended)
- Can we contact you after the course to enquire whether you would be interested in sharing your in-practice experience with GPS?

7. Sharing In-Practice Experience: Would you be **open to being** contacted after the course to share your in-practice experience with using the GPS framework?

- Yes, I'm happy to be contacted.
- No, I prefer not to be contacted.