

Spørsmål:	Hvilken effekt har motiverende samtale på gjennomføring av fysisk aktivitet/egentrening?
Navn på bibliotekar som utførte søket:	Elisabet Hafstad
Bibliotekarens arbeidssted:	Nasjonalt kunnskapssenter for helsetjenesten

Kilder søkt	Mulig relevante søkeresultater	Søkestrategi
<a href="#">BMJ Best Practice</a>	Ingen relevante treff	Dato for søk: 20.11.2015 Søkestrategi: motivational interview; behavioral counseling
<a href="#">UpToDate</a>	<a href="#">Physical activity and exercise in older adults</a> Sist oppdatert oktober 2015 Legg spesielt merke til Tabell 3	Dato for søk: 20.11.2015 Søkestrategi: (motivational interviewing AND exercise)
<a href="#">Nasjonale retningslinjer og veiledere fra Helsedirektoratet</a>	<a href="#">Aktivitetshåndboken: Fysisk aktivitet i forebygging og behandling 2009</a> (Se 7. Motiverende samtaler om fysisk aktivitet)	Dato for søk: 20.11.2015 Søkestrategi: fysisk aktivitet; motiverende samtale
<a href="#">Fagprosedyrer.no</a>	Ikke relevant kilde	Dato for søk: Søkestrategi:
<a href="#">Helsebibliotekets retningslinjebase (norske retningslinjer)</a>	Ingen relevante treff	Dato for søk: 20.11.2015 Søkestrategi: Gjennomgang av retningslinjer filtrert på emne: Allmenntilleggsmedisin; Samfunnsmedisin og folkehelse
<a href="#">Nationella riktlinjer fra Socialstyrelsen (SE)</a>	<a href="#">Nationella riktlinjer för sjukdomsförebyggande metoder 2011</a> (Se Rekommendationer om otillräcklig fysisk aktivitet s. 32 ff + 115 ff)	Dato for søk: 20.11.2015 Søkestrategi: Gjennomgang av listen Nationella riktlinjer: Slutliga riktlinjer

<p><a href="#">Nationale kliniske retningslinjer fra Sundhedsstyrelsen</a> (DK)</p>	<p><a href="#">Ernærings- og træningsmæssig rehabilitering af ældre efter indlæggelse</a> Arbeidet med retningslinjen er ikke ferdigstilt.</p>	<p>Dato for søk: 20.11.2015</p> <p>Søkestrategi: Gjennomgang av listen Nationale Kliniske Retningslinjer – utgivelser - igangværende</p>															
<p><a href="#">National Guideline Clearinghouse</a></p>	<p><a href="#">Behavioral Counseling to Promote a Healthful Diet and Physical Activity for Cardiovascular Disease Prevention in Adults With Cardiovascular Risk Factors: U.S. Preventive Services Task Force Recommendation Statement</a> 2014</p> <p><a href="#">Behavioral counseling interventions to promote a healthful diet and physical activity for cardiovascular disease prevention in adults: U.S. Preventive Services Task Force recommendation statement</a> 2012</p>	<p>Dato for søk: 23.11.2015</p> <p>Søkestrategi: 'motivational interviewing' or 'directive counseling' or 'behavioral counseling' or 'behavioural counseling'</p>															
<p><a href="#">The Cochrane Library</a> (Cochrane Reviews, Other Reviews, Technology Assessments)</p>	<p><a href="#">Motivational interviewing to increase physical activity in people with chronic health conditions: a systematic review and meta-analysis (Provisional abstract)</a> 2014</p> <p><a href="#">Motivational interviewing in medical care settings: a systematic review and meta-analysis of randomized controlled trials (Structured abstract)</a> 2013 (fysisk aktivitet et av flere utfallsmål)</p> <p><a href="#">Physical activity promotion in the health care system (Provisional abstract)</a> 2013</p>	<p>Dato for søk: 23.11.2015</p> <p>Søkestrategi:</p> <table border="1" data-bbox="1104 979 1904 1409"> <thead> <tr> <th>ID</th> <th>Search</th> <th>Hits</th> </tr> </thead> <tbody> <tr> <td>#1</td> <td>MeSH descriptor: [Motivational Interviewing] this term only</td> <td>163</td> </tr> <tr> <td>#2</td> <td>MeSH descriptor: [Directive Counseling] this term only</td> <td>279</td> </tr> <tr> <td>#3</td> <td>((motivation* or encourag* or empower* or directive or behavio?r*) near/3 (interview* or counsel* or consult* or conversation* or coach*)):ab,kw,ti</td> <td>1984</td> </tr> <tr> <td>#4</td> <td>((motivation* or encourag* or empower* or directive or behavio?r*) near/3 (interview* or counsel* or consult* or conversation* or coach*))</td> <td>2531</td> </tr> </tbody> </table>	ID	Search	Hits	#1	MeSH descriptor: [Motivational Interviewing] this term only	163	#2	MeSH descriptor: [Directive Counseling] this term only	279	#3	((motivation* or encourag* or empower* or directive or behavio?r*) near/3 (interview* or counsel* or consult* or conversation* or coach*)):ab,kw,ti	1984	#4	((motivation* or encourag* or empower* or directive or behavio?r*) near/3 (interview* or counsel* or consult* or conversation* or coach*))	2531
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	<p><a href="#">Communication-related behavior change techniques used in face-to-face lifestyle interventions in primary care: a systematic review of the literature (Structured abstract)</a> 2012 (fysisk aktivitet et av flere utfallsmål)</p> <p><a href="#">A systematic review of motivational interviewing within musculoskeletal health (Provisional abstract)</a> 2012</p> <p><a href="#">Rehabilitation interventions for improving physical and psychosocial functioning after hip fracture in older people</a> 2010</p> <p><a href="#">Flere mulig relevante treff</a> (klikk på tallene i «View all lines»-kolonnen til høyre i bildet for å se resultater fra de enkelte søkene)</p>	<table border="1"> <tr> <td>#5</td> <td>MeSH descriptor: [Exercise] explode all trees</td> <td>14432</td> </tr> <tr> <td>#6</td> <td>MeSH descriptor: [Exercise Therapy] explode all trees</td> <td>7523</td> </tr> <tr> <td>#7</td> <td>(exercise* or training or physic*-activ* or physic*-inactiv* or fitness or sedentary):ab,kw,ti</td> <td>72727</td> </tr> <tr> <td>#8</td> <td>(exercise* or training or physic*-activ* or physic*-inactiv* or fitness or sedentary)</td> <td>82564</td> </tr> <tr> <td>#9</td> <td>(#1 or #2 or #3) and (#5 or #6 or #7) in Cochrane Reviews (Reviews and Protocols)</td> <td>17</td> </tr> <tr> <td>#10</td> <td>(#1 or #2 or #4) and (#5 or #6 or #8) in Other Reviews and Technology Assessments</td> <td>83</td> </tr> </table>	#5	MeSH descriptor: [Exercise] explode all trees	14432	#6	MeSH descriptor: [Exercise Therapy] explode all trees	7523	#7	(exercise* or training or physic*-activ* or physic*-inactiv* or fitness or sedentary):ab,kw,ti	72727	#8	(exercise* or training or physic*-activ* or physic*-inactiv* or fitness or sedentary)	82564	#9	(#1 or #2 or #3) and (#5 or #6 or #7) in Cochrane Reviews (Reviews and Protocols)	17	#10	(#1 or #2 or #4) and (#5 or #6 or #8) in Other Reviews and Technology Assessments	83
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<p><a href="#">Epistemonikos</a></p>	<p><a href="#">A systematic review of interventions in primary care to improve health literacy for chronic disease behavioral risk factors</a> 2012</p>	<p>Dato for søk: 23.11.2015</p> <p>Søkestrategi: ((exercise* OR training OR "physical activity" OR "physical inactivity" OR fitness OR sedentary OR "physically active") AND ("motivational interviewing" OR "motivational interview" OR encourage* OR empower* OR "directive counseling" OR "behavioral counseling" OR "behavioural counseling"))</p>																		
<p><a href="#">Nasjonalt kunnskapssenter for helsetjenesten</a></p>	<p><a href="#">Effekt av motiverende samtale på alkohol, tobakk, fysisk aktivitet og ernæring</a> 2015</p> <p><a href="#">Motiverende samtale for å endre levevaner</a> 2010</p>	<p>Dato for søk: 20.11.2015</p> <p>Søkestrategi: motiverende samtale; motiverende intervju</p>																		

<b>MeSH-termer og MeSH ID-er for indeksering av søkeresultatet</b>
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MeSH: Motivational Interviewing D062405
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MeSH: Exercise D015444
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