### Supplemental online table 1.

### *Mediation models with percentage measures instead of frequencies.*

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | a path | | | |  | b path | | | |  | Indirect effects | | | |
|  |  | B | SE | p |  |  | B | SE | p |  | effect | SE\* | [95% | CI]\* |
| *Mediation model for MI technical skills* | | |  |  |  |  |  |  |  |  |  |  |  |  |
|  | MI technical skills 🡪 Change talk | 0.16 | 0.03 | <0.0001 |  | Change talk 🡪 Outcome | 0.00 | 0.01 | 0.50 |  | 0.0008 | 0.0012 | -0.0014 | 0.0034 |
|  | MI technical skills 🡪 Sustain talk | 0.08 | 0.03 | 0.02 |  | Sustain talk 🡪 Outcome | 0.01 | 0.01 | 0.01 |  | 0.0012 | 0.0007 | 0.0002 | 0.0031 |
| *Mediation model for Open questions* | |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Open questions 🡪 Change talk | 0.20 | 0.04 | <0.0001 |  | Change talk 🡪 Outcome | 0.01 | 0.01 | 0.45 |  | 0.0011 | 0.0015 | -0.0015 | 0.0044 |
|  | Open questions 🡪 Sustain talk | 0.12 | 0.05 | 0.01 |  | Sustain talk 🡪 Outcome | 0.02 | 0.01 | 0.01 |  | 0.0018 | 0.0010 | 0.0004 | 0.0046 |
| *Mediation model for Simple reflection* | |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Simple reflection 🡪 Change talk | 0.24 | 0.08 | 0.003 |  | Change talk 🡪 Outcome | 0.00 | 0.01 | 0.48 |  | 0.0011 | 0.0018 | -0.0016 | 0.0056 |
|  | Simple reflection 🡪 Sustain talk | 0.31 | 0.09 | 0.0007 |  | Sustain talk 🡪 Outcome | 0.02 | 0.01 | 0.01 |  | 0.0045 | 0.0026 | 0.0008 | 0.0114 |
| *Mediation model for Complex reflections* | | |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Complex reflections 🡪 Change talk | 0.34 | 0.12 | 0.006 |  | Change talk 🡪 Outcome | 0.01 | 0.01 | 0.38 |  | 0.0021 | 0.0027 | -0.0019 | 0.0093 |
|  | Complex reflections 🡪 Sustain talk | -0.22 | 0.14 | 0.13 |  | Sustain talk 🡪 Outcome | 0.01 | 0.01 | 0.01 |  | -0.0032 | 0.0027 | -0.0107 | 0.0002 |

*Note.* MI = Motivational interviewing; SE = Standard error; CI = Confidence interval.

\* Estimated on 5000 bootstrap samples.