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Promoting Environmentally Responsible Behaviors Using Motivational Interviewing Techniques

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Poster Presentation P49

**PROMOTING ENVIRONMENTALLY RESPONSIBLE BEHAVIORS USING
MOTIVATIONAL INTERVIEWING TECHNIQUES**

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An experimental design will be used to determine whether environmentally responsible behaviors (ERBs) can be promoted by exposing participants to two motivational interviewing techniques provision of basic information and engagement in a decisional balance exercise. In addition to basic information, some participants will be exposed to personal norms (normative) information. The hypotheses are that (a) provision of basic information only will significantly promote ERBs over a no information control condition, (b) provision of normative information will significantly promote ERBs above that achieved through providing basic information alone, and (c) participation in a decisional balance exercise will significantly promote ERBs over a no decisional balance control condition. Effects on environmental attitudes and behaviors will be interpreted in light of existing theory and real-world applications.