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Araştırma / Research Article

A bibliometric analysis of motivational interviewing articles published in the field of nursing

Hemşirelik alanında yayınlanan motivasyonel görüşme makalelerinin bibliyometrik analizi

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Key Words: Bibliometric Analysis, Biblioshiny, Motivational Interviewing, Nursing, Vosviewer

Anahtar Kelimeler: Bibliyometrik Analiz, Biblioshiny, Hemşirelik, Motivasyonel Görüşme, Vosviewer

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ABSTRACT

Purpose: This bibliometric analysis was conducted to analyze MI research published in the field of nursing, examine current trend tendencies, and provide an updated perspective for future research. **Materials and Methods**: The analysis was performed using the RStudio, the VOSviewer and the Biblioshiny application. A total of 789 relevant articles published between 2014 and December 2024 in the Scopus database were examined. **Result**: The United States ranked first in terms of the number of articles and citations, while Australia was the most active country in international collaboration. Brown University was identified as the most influential institution contributing to this field. The most prolific authors were Magill M. and Monti PM. The most commonly used keyword was determined to be "motivational interviewing." **Conclusion**: Studies on MI published in the field of nursing have been comprehensively summarized, and these studies are expected to guide future research in this area.

ÖZ

Giriş ve Amaç: Bu bibliyometrik analiz, hemşirelik alanında yayımlanan Motivasyonel Görüşme (MG) araştırmalarını analiz etmek, mevcut eğilimleri incelemek ve gelecekteki araştırmalar için güncel bir bakış açısı sunmak amacıyla gerçekleştirilmiştir. **Gereç ve Yöntem:** Analiz; RStudio, VOSviewer ve Biblioshiny uygulaması kullanılarak yapılmıştır. Scopus veritabanında 2014 ile Aralık 2024 tarihleri arasında yayımlanmış 789 makale incelenmiştir. **Bulgular**: Makale ve atıf sayısı bakımından ilk sırada Amerika Birleşik Devletleri yer alırken, uluslararası iş birliklerinde en aktif ülke Avustralya olmuştur. Alana en fazla katkı sağlayan etkili kurum olarak Brown Üniversitesi öne çıkmıştır. En üretken yazarlar ise Magill M. ve Monti PM. olarak belirlenmiştir. En sık kullanılan anahtar kelime ise "motivational interviewing" (motivasyonel görüşme) olmuştur. **Sonuç**: Hemşirelik alanında yayımlanan MG çalışmaları kapsamlı bir şekilde özetlenmiş ve bu çalışmaların gelecekteki araştırmalara rehberlik edeceği düşünülmektedir.

INTRODUCTION

Motivation encompasses the biological, cognitive, social, and emotional forces that individuals mobilise to pursue specific goals. It is also defined as an intrinsic readiness to initiate behavioural change (Çunkuş Köktaş, 2024). Motivational Interviewing (MI) is a collaborative, person-centred, and evidence-based counselling approach designed to elicit motivation for change through acceptance, empathy, and compassion (Wintle et al., 2025; Miller & Rollnick, 2009; O'Halloran et al., 2014). Unlike traditional behavioural interventions, MI is non-coercive. It supports individuals in resolving ambivalence between their values and behaviours, respects personal autonomy and sociocultural context, and aims to activate intrinsic motivation for sustainable change (Miller & Rollnick, 2009; Wang et al., 2022).

MI is particularly effective for individuals who are ambivalent or resistant to change (Miller & Rollnick, 2009). Its core principles include expressing empathy, identifying discrepancies, enhancing self-efficacy, addressing resistance, and avoiding confrontation. The process typically begins with the client articulating their thoughts and concerns about change, while the practitioner facilitates reflection using open-ended

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questions, active listening, and summarisation. Supporting strategies such as goal clarification, reflecting on past successes, and exploring change-related concerns further enhance the effectiveness of the approach (Çunkuş Köktaş, 2024).

Since the publication of Miller's seminal article "Motivational Interviewing with Problem Drinkers" in 1983, MI has evolved into a widely recognised and effective clinical method for addressing a range of behavioural challenges (Madson et al., 2016). Initially developed in the field of addiction and psychology, MI has since been applied in diverse healthcare settings to promote behaviour change (Albino & Tiwari, 2016; O'Halloran et al., 2014; Wintle et al., 2025). It has demonstrated efficacy in managing physical and mental health conditions, including smoking cessation, hypertension, obesity, diabetes, anxiety, and depression (Huang et al., 2023; Papus et al., 2022; Kumar et al., 2022). Moreover, MI has been used to improve children's mental health (Herbst et al., 2024), support weight management in individuals with obesity (O'Halloran et al., 2014), enhance medication adherence, and encourage healthy behavioural patterns in adults with chronic illnesses (Seven et al., 2023; Papus et al., 2022). Additional applications include reducing substance and alcohol use (Buckner, 2024; Schwenker et al., 2023), enhancing the psychological well-being of adolescents with gaming addiction (Afriwilda & Mulawarman, 2021), preventing peer and cyberbullying (Seyhan Şahin & Ayaz-Alkaya, 2024), and fostering healthy dietary behaviours (Temelkova et al., 2024).

Nurses, as frontline healthcare professionals who maintain continuous contact with individuals in both hospital and community settings, are well-positioned to implement MI. Through this approach, they can promote healthier behavioural patterns, support patients in managing the effects of acute and chronic conditions, and contribute to rehabilitation efforts (Özdemir & Taşcı, 2013). Despite its broad application and increasing significance, there is currently no bibliometric study that systematically evaluates MI-related research within the nursing literature. This study aims to fill this gap by providing a comprehensive and objective bibliometric analysis of MI publications in the nursing field. The findings are intended to guide future academic efforts, highlight prevailing research trends, and identify understudied areas requiring further investigation.

MATERIALS AND METHODS

Study design

This retrospective study employed bibliometric and scientific mapping methodologies to analyse the research landscape.

Data collection

The Scopus database was selected for bibliometric analysis due to its comprehensive coverage and reliability in providing bibliographic data. Scopus offers a rich source in terms of the quantity and diversity of indexed journals and surpasses other academic databases with its advanced data processing and export capabilities (Sweileh et al., 2024).

Data were retrieved on 26 December 2024, using the keywords "motivational interviewing" (subject) and "nursing" (field), encompassing publications from 2014 to 2024. The inclusion and exclusion criteria outlined in Table 1 were applied to select relevant scientific articles (Demir et al., 2024a; Demir et al., 2024b). The dataset spans publications between January 2014 and December 2024. Following the application of these criteria, 789 articles were retained for analysis. Excluded publications comprised reviews, conference proceedings, book chapters, preprint articles, commentaries, editorials, and letters (Table 1).

Table 1. Filtering information in the Scopus database

Included	Keywords: Motivational interviewing Document type: Article Publication language: English Form of publication: Journal Year of publication: 2014-2024 Subject area: Nursing
Excluded	review and conference proceedings, book chapters, reviews published on preprint websites, as well as comments, editorials, and letters

Data Cleaning and Preparation

Prior to analysis, the dataset underwent a comprehensive cleaning process. Records with incomplete or erroneous metadata were excluded. Author name disambiguation was performed to standardise variations in author name formats using a combination of automated algorithms and manual verification. This step was essential to ensure the accurate assessment of author productivity and collaboration networks.

Data analysis

Bibliometric analysis was conducted using the Biblioshiny interface within RStudio, complemented by VOSviewer (version 1.6.20) for data visualization. Performance analyses included descriptive statistics of general information, annual publication and citation trends, three-field plots, and detailed examinations of journals, institutions, authors, countries, and articles. Scientific mapping analyses facilitated the visual exploration of key themes, keyword co-occurrence patterns, and collaboration networks within the research field.

The process steps performed in bibliometric analysis are summarized in Figure 1.

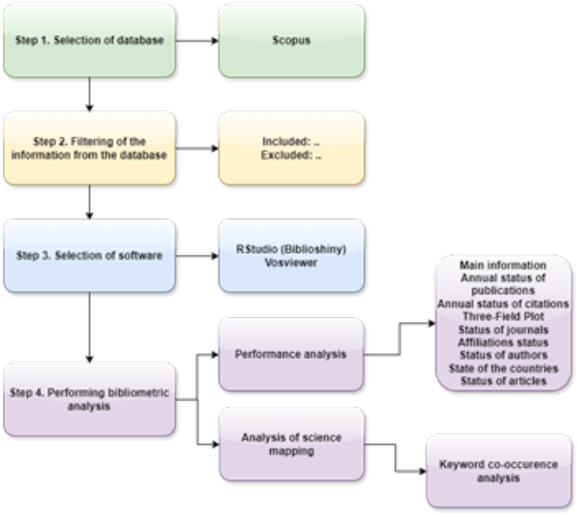

Figure 1. Flow diagram of bibliometric analysis (Demir et al., 2024a)

The PRISMA flow diagram represents the data search process, including the identification, screening, and inclusion criteria. The flow chart of the first and second steps depicting the data collection process is shown in Figure 2.

In the initial stage, 7,641 records were screened.

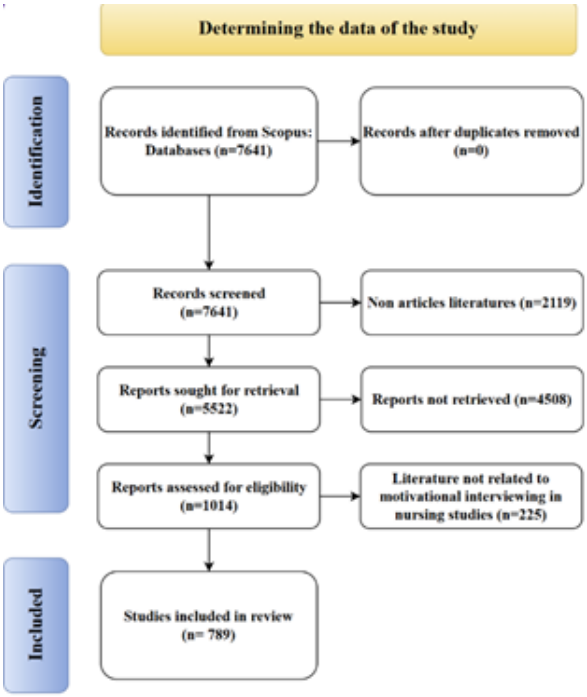

Figure 2. MI in nursing studies data collection PRISMA flow chart (Haddaway et al., 2022; Demir et al., 2024c; Demir et al., 2024d)

During the screening phase, 6,852 records were excluded based on the eligibility criteria.

Ultimately, 789 studies met the inclusion criteria and were incorporated into the bibliometric review.

Software and Analytical Procedures

For bibliometric analysis, the R bibliometrix package was utilised (Aria & Cuccurullo, 2017).

Visualization of the bibliometric data was performed using VOSviewer (Van Eck & Waltman, 2017).

Subsequently, performance analysis provided a detailed descriptive overview of the publications, while scientific mapping enabled effective visual communication of findings (Fig. 2).

RESULTS

Performance Analysis

A descriptive analysis was conducted by examining the annual growth in publications and the average number of citations per article. A Sankey diagram was employed to compare three fields—journals, institutions, and documents—highlighting the top sources in terms of publication volume and citation impact. In addition, the most productive author and country were identified through a comprehensive analysis of publication output, citation metrics, and overall data performance (Demir et al., 2024b; Demir et al., 2024e).

General Review of the Database

Descriptive analyses of MI publications in the field of nursing were conducted using Biblioshiny. Table 2 presents the main information extracted from the dataset.

Between 2014 and 2024, a total of 789 articles on transportation were published across 251 sources (journals) indexed in the Scopus database. The number of publications decreased at an average annual rate of -1.76%. The mean age of the publications was 5.16 years, with each article receiving an average of 12.57 citations. Among the 3,514 contributing authors, 41 published as sole authors. International co-authorship accounted for 11.79% of the total publications (Table 2).

Annual Publication Increase

Figure 3 shows the evolution over time of the documents in the bibliometric analysis of MI published in the field of nursing.

According to Figure 3, the interest of scientists worldwide on MI in nursing studies has shown a fluctuating pattern. There were 67 publications in 2024 (December), 60 in

Table 2. Main Information

Description	Results
Timespan	2014:2024
Sources (Journals)	251
Documents	789
Annual Growth Rate %	-1,76
Document Average Age	5,16
Average citations per doc	12,57
References	28893
Document Contents	
Keywords Plus (ID)	3150
Author's Keywords (DE)	1801
Authors	
Authors	3514
Authors of single-authored docs	41
Authors Collaboration	
Single-authored docs	45
Co-Authors per doc	5,2
International co-authorships %	11,79
Document Types	
Article	789

2023, 78 in 2022, 66 in 2021, 60 in 2020, 79 in 2019. The highest number of publications on MI in nursing studies (Fig. 3).

Average Yearly Citations

Table 3 shows the annual citation status in bibliometric analysis, focusing on MI research published in the field of nursing.

Table 3 demonstrates a decline in the number of citations over time. The average total citations per article were 0.52 in December 2024, 1.72 in 2023, 4.92 in 2022, 8.21 in 2021, 8.98 in 2020, and 13.11 in 2019. Among publications on MI within nursing studies, the 83 articles published in 2016 received the highest average total citations per article (Table 3).

Three Field Plot

The programme identifies three factors—country, author, and keyword—to be associated in the "Three Fields Diagram" configuration, with Figure 4 illustrating the most relevant elements for each category.

The box sizes in Figure 4 represent the strength of the relationships between the components. Specifically, the size of each box corresponds to the relative influence of the respective element within the literature. The leading country is the USA, the foremost author is Monti PM, and the most prominent keyword is "motivational interviewing" (Fig. 4).

Most Cited and Most Published Journals

Table 4 presents the ranking of publication sources for MI in nursing studies, based on Total Citations (TC) and Number of Publications (NP).

According to Table 4, the Journal of Substance Abuse Treatment ranks first with 3,050 citations. The International Journal of Behavioral Nutrition and Physical Activity is second with 358 citations, followed by Nutrients with 340 citations. In terms of the number of articles published, the Journal of Substance Abuse Treatment leads with 126 publications, Nutrients ranks second with 23 articles, and the Journal of Advanced Nursing is third with 10 articles (Table 4).

The Affiliations That Matter Most

Table 5 presents the institutions and affiliations of authors contributing to studies on MI in nursing research.

Brown University ranked first with 40 publications between 2014 and 2024. Brown University School of Public Health and the University of Michigan both ranked second with 35 publications each, while Harvard Medical School ranked third with 32 publications (Table 5).

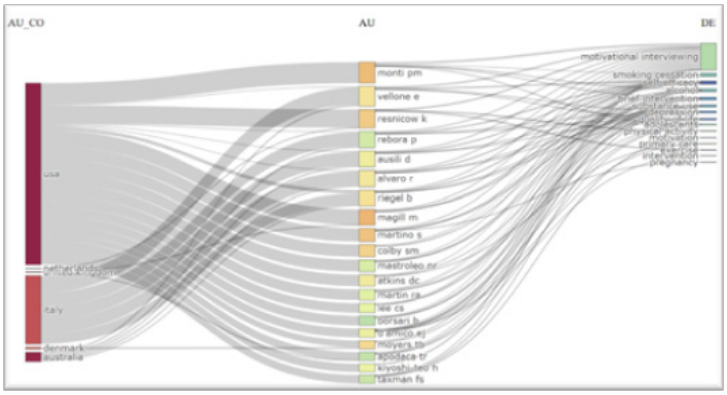

Figure 4. Three field plot of MI in nursing studies

Table 3. Annual average citation increase trend of studies conducted on MI in nursing studies

Year	Mean Total Citation per Articles	N
2024	0,52	67
2023	1,72	60
2022	4,92	78
2021	8,21	66
2020	8,98	60
2019	13,11	79
2018	13,03	78
2017	12,27	74
2016	23,06	83
2015	29,06	64
2014	19,80	80

Table 4. Status of journals for studies in MI in nursing studies

Source	TC	NP
Journal of Substance Abuse Treatment	3050	126
International Journal of Behavioral Nutrition and Physical Activity	358	9
Nutrients	340	23
Diabetes Care	297	4
Administration and Policy in Mental Health and Mental Health Services Research	207	5
Pediatric Obesity	178	8
Journal of Cardiovascular Nursing	175	9
Advances in School Mental Health Promotion	151	9
Journal of Advanced Nursing	141	10
Appetite	141	6

Table 5. Relevant affiliations contributing to MI in nursing studies

Affiliation	Articles
Brown University	40
Brown University School Of Public Health	35
University of Michigan	35
Harvard Medical School	32
Cardiff University	30
University of Rome Tor Vergata	30
University of Southern Denmark	26
Medıcal University of South Carolina	25
Uppsala University	25
University of California	23

Frequently Published Authors

A total of 789 research papers on MI in nursing studies have been authored by 3,496 individuals worldwide. Table 6 lists the most influential authors based on the number of publications.

Magill M and Monti PM ranks top with 8 articles, Martino S and Resnicow K ranks second with 7 articles, and Colby SM, Moyers TB, Riegel B and Vellone E ranks third with 6 articles (Table 6).

The Most Productive Countries

Figure 5 depicts the countries with the highest number of publications and citations related to MI in the field of nursing. On the map, countries with the greatest number of articles are shown in dark blue, those with fewer publications are marked in blue, and countries with no publications appear in grey (Fig. 5).

Figure 5 shows that the USA has the largest number of publications (2,217), followed by Australia (223), the UK (210), and Spain (168). In terms of citations, the USA leads with 4,821 citations, followed by the UK (505), Australia (474), and Sweden (354) (Fig. 5).

Countries with strong links are the most co-operative. Australia is collaborating with the Italy, the United Kingdom and Poland on MI in nursing studies. It can be said that Australia and USA are the countries that co-operates the most (Fig. 6).

Most Cited Document

The most productive article is the one with the highest number of citations. As a result, Table 7 shows the 10 most productive articles for MI studies published in the field of nursing.

The most cited article is "The Motivational Interviewing Treatment Integrity Code (MITI 4): Rationale, Preliminary Reliability and Validity," authored by Moyers et al. (2016) and published in the Journal of Substance Abuse Treatment, with 322 citations. This is followed by the article titled "Brief Alcohol Interventions for Adolescents and Young Adults: A Systematic Review and Meta-Analysis," published in the Journal of Substance Abuse Treatment by Tanner-Smith et al. (2015), which has received 311 citations. The third most cited article is "The Comparative Effectiveness of Diabetes Prevention Strategies to Reduce Postpartum Weight Retention in Women with Gestational Diabetes Mellitus: The Gestational Diabetes' Effects on Moms (GEM) Cluster Randomized Controlled Trial," published in Diabetes Care by Ferrara et al. (2016), with 113 citations (Table 7).

Analysis of Science Mapping

Scientific mapping is a visual analytical technique that utilises specialised software to explore scientific processes. This method visually presents similarities and differences between studies, recent trends, and frequently used keywords (Demir et al., 2024e).

Keyword Co-Occurrence Analysis

A keyword is a term or phrase that summarizes the key elements of a topic, research or text and identifies important information about it (Demir et al., 2024e). VOSviewer was used to work with keywords and highlight the research knowledge base. The indexed keywords of the article yielded 1817 results. As shown in Figure 7, after increasing the threshold setting in VOSviewer to 3, 217 keywords were retrieved and considered for analysis.

Each color represents a different set of keywords. In Figure 7, each circle represents a specific term and subfield of MI studies published in the field of nursing. A circle with a similar color shows the distribution in the comparison region. The largest cluster in terms of the number of items is "motivational interviewing," followed by "physical activity" as the second largest, and "depression" as the third (Fig. 7).

Blue Cluster (Motivational Interviewing)

Keywords: "primary prevention, treatment adherence, eating disorders, pediatric obesity, weight management"

This cluster is the largest in terms of the number of items and encompasses the core topics of MI. Considering the most frequently recurring keywords, it indicates a greater emphasis on studies related to nutritional regulation and suggests that MI interventions are predominantly addressed with preventive and protective aims (Fig. 7).

Yellow Cluster (Physical Activity)

Keywords: "behaviour change, exercise, obesity, pregnancy, motivational intervention"

This cluster covers concepts related to physical activity and associated interventions. The recurring keywords suggest that MI is frequently employed to facilitate behaviour change and is commonly integrated with exercise interventions in the contexts of pregnancy and obesity (Fig. 7).

Green Cluster (Depression)

Keywords: "anxiety, alcohol treatment, comorbidity, motivational enhancement therapy"

This cluster includes keywords associated with depression and related psychological conditions. The

Table 6. Number of publications by the most prolific authors for MI in nursing studies

Authors	Articles
Magill M	8
Monti PM	8
Martino S	7
Resnicow K	7
Colby SM	6
Moyers TB	6
Riegel B	6
Vellone E	6
Alvaro R	5
Atkins DC	5

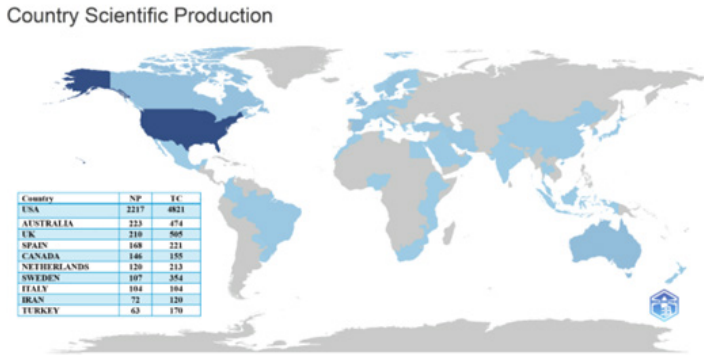

Figure 5. Country scientific production

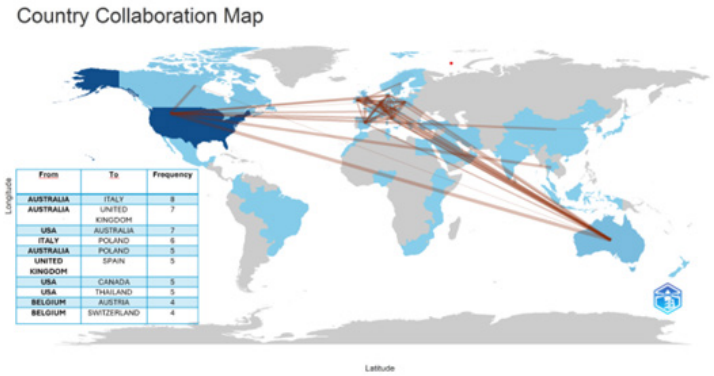

Figure 6. Country collaboration map

Table 7. Documents that are the most effective

Article	DOI	Total Citations	TC per Year	Normalized TC
Moyers Tb, 2016, J Subst Abuse Treat	10.1016/j.jsat.2016.01.001	322	35,78	13,96
Tanner-Smith EE, 2015, J Subst Abuse Treat	10.1016/j.jsat.2014.09.001	311	31,10	10,70
Ferrara A, 2016, Diabetes Care	10.2337/dc15-1254	113	12,56	4,90
Han H-R, 2014, J Cardiovasc Nurs	10.1097/JCN.0b013e3182a3fd46	105	9,55	5,30
Hogue A, 2015, Adm Policy Ment Health Ment Health Serv Res	10.1007/s10488-014-0548-2	101	10,10	3,48
Tanana M, 2016, J Subst Abuse Treat	10.1016/j.jsat.2016.01.006	91	10,11	3,95
Simmons D, 2015, Diabetes Care	10.2337/dc15-0360	84	8,40	2,89
De Zoysa N, 2014, Diabetes Care	10.2337/dc13-1245	83	7,55	4,19
Rocque GB, 2016, J Oncol Pract	10.1200/JOP.2015.008896	74	8,22	3,21
Dickerson DL, 2016, J Subst Abuse Treat	10.1016/j.jsat.2015.06.023	74	8,22	3,21

Figure 7. Co-occurrence keywords

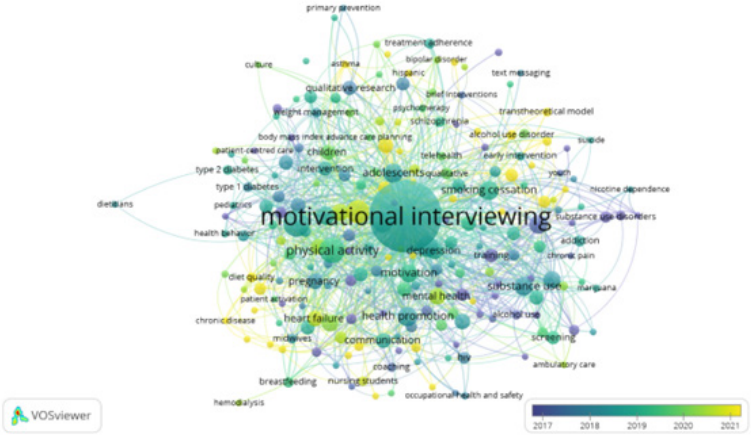

Figure 8. Overlay network of keyword

prevalence of keywords indicates that MI interventions are more frequently applied in disorders presenting with comorbidities such as depression, anxiety, and alcohol use disorder (Fig. 7).

Using VOSviewer software, "overlay visualization" keywords were colored in different colors according to the year of publication and the time periods in which they appeared in the literature

maintain the most frequent contact with patients and their families, nurses are well positioned to effectively employ MI to promote and sustain healthy lifestyle behaviours. However, the sustained therapeutic application of this approach faces several challenges. The lack of a standardised protocol for conducting MI sessions, shortages in healthcare personnel, and time constraints are key factors limiting MI's feasibility (Rubak et al., 2005). Consequently, the structured integration of MI training at the undergraduate level would enhance future nurses' ability to apply this method effectively in clinical settings (Maloney & Ehrlich-Jones, 2017).

Bibliometric data reveal that the United States leads in publication output within MI nursing research. Among the most prolific authors are Magill M. and Monti P.M., with "motivational interviewing" identified as the most frequently used keyword. Brown University emerges as the institution with the highest number of publications and contributors in this field. Furthermore, the article titled "The Motivational Interviewing Treatment Integrity Code (MITI 4): Rationale, preliminary reliability and validity," published by Moyers et al. in the Journal of Substance Abuse Treatment in 2016, has received the highest citation count.

Scientific mapping analyses show that between 2017 and 2021, key themes such as "substance use disorders," "change talk," "training," and "weight management"

were frequently investigated. More recently, academic interest has shifted towards topics including "chronic disease," "diet quality," the "transtheoretical model," and "nursing." This trend reflects the evolving nature of the nursing discipline and the adaptable application of MI across diverse contexts.

Research in this area has demonstrated, for example, that MI-based training aimed at reducing alcohol misuse improves nursing students' knowledge, skills, and attitudes, while positively influencing their self-awareness and perceptions of self-efficacy (Lavilla-García et al., 2023; Hennessy et al., 2019). Despite the increasing popularity of MI, there remains a significant lack of comprehensive and systematic educational programmes targeting undergraduate students (Lavilla-García et al., 2023; Maloney & Ehrlich-Jones, 2017). Moreover, the integration of these methods into educational curricula continues to encounter barriers. Faculty members' limited experience with experiential teaching methods and the low motivation observed among nursing students constitute major challenges (Fawaz & Hamdan-Mansour, 2016). Considering the limitations in the literature on pedagogical strategies and the difficulties faced by practitioners, further research in this field is warranted (Lavilla-García et al., 2023).

This study has several limitations that should be acknowledged. Firstly, the bibliometric analysis was confined to classifications available within the Scopus database. Additionally, the absence of strict exclusion criteria during the search process may have led to the omission of some relevant studies. Although supplementary searches were conducted to address potential gaps, some data may still be missing. To mitigate this issue, the authors carefully evaluated the data and merged conceptually similar items to enhance analytical accuracy. Another limitation relates to the use of a simple and selective search strategy. While deliberately chosen, this approach restricted the scope of the study to nursing-specific publications and MI research examined from a discipline-specific perspective. Despite these limitations, the findings offer valuable insights into the current status and research trends of MI within the nursing field.

CONCLUSIONS

This bibliometric analysis comprehensively examined motivational interviewing (MI) studies conducted in the field of nursing over the past decade, systematically identifying publication trends, leading researchers, and institutions. The findings demonstrate that MI is increasingly integrated into nursing practice and is utilised effectively across preventive, therapeutic, and rehabilitative healthcare services. In this context, it is recommended that MI interventions be incorporated into undergraduate nursing curricula, that psychiatric nurses without prior MI training receive institutional support for education in this area, that healthcare organisations provide adequate infrastructure to facilitate the widespread implementation of MI, and that nurses integrate this approach into the psychoeducational and therapeutic processes with their clients. In conclusion, this study provides a comprehensive overview of MI research in nursing and serves as a valuable resource for guiding future research, educational planning, and clinical practice in the field.

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