**Fig. 9:** Comparison of average positive MI intervention vs. MI integration approaches

- **Average positive**
- **Embedded (o)**
- **Added (Δ)**
- **Trend analysis (+)**

### Session
- Individual
- Group

### Order
- Before
- After
- Before and after
- Simultaneously

### Supervision
- Not supervised
- Supervised
- Partly supervised
- Fully supervised

### Directedness
- Non-directed
- Task-specific
- Not task-specific
- Partly directed
- Fully directed

### Location
- No instructions
- Written
- Visual
- Acoustic
- Standardised
- Tailored

### Position
- Visual only
- Visual and acoustic
- Visual and live
- Visual, acoustic and live

### Written medium
- Not written
- Written

### Accoustic medium
- Not acoustic
- Acoustic

### Visual medium
- No instructions
- Visual
- Visual only

### Instruction type
- No instructions
- Visual
- Visual only
- Visual and acoustic
- Visual and live
- Visual, acoustic and live

### Instruction individualisation
- Not tailored
- Tailored

### Instruction mode
- Standardised
- Tailored
- Live
- Pre-recorded
- Live and pre-recorded

### Eyes
- Closed
- Open

### Perspective
- Internal
- Changing
- External

### Mode
- Motor
- Cognitive

### Focus
- Visual
- Kinaesthetic

### Familiarisation
- Strength
- Included