DO YOU HAVE ANY QUESTIONS FOR THE PHARMACIST?

How to get the most out of your medication counseling session based on your Myer’s Briggs Type Indicator Instrument (MBTI)

Less than 1/2 of Student Pharmacists and Patients feel satisfied with their communication with one another.¹

...Using MBTI may help change this

Worldly Orientation³
- Extrovert
- Introvert

Decision Making³
- Thinking
- Feeling

Information Acquisition³
- Intuition
- Sensing

Lifestyle Preferences³
- Judging
- Perceiving

Most Common MBTI Results²

% of individuals

0 10 20

Student Pharmacists
US population

ISTJ ESFJ ISFJ

MBTI has sixteen different profiles, which tell you your preference in four categories.⁴

Keeping these in mind may help with medication counseling

How to incorporate MBTI into medication counseling

Effective Counseling requires the ability to share information according to the “cognitive abilities, learning styles, and sensory and physical status” of a patient.⁷

Verbal counseling works best for extroverted individuals.⁶

Non-verbal counseling materials such as Patient Package Inserts should be used for introverts.⁶

Sensing-Thinking personalities prefer factual information delivered clearly and precisely.³

Sensing-Feeling personalities prefer factual information delivered with compassion.³

Intuition-Thinking personalities prefer logical options delivered in a way that respects their intelligence.³

Intuition-Feeling personalities prefer overarching ideas delivered personal, respectful manner.³

Based on an original article by Rachel Mays in BU Well Volume 2

http://digitalcommons.butler.edu/buwell/

². http://www.meyerbriggs.org/mbti-personality-types-population-
³. Myers B. Myers & Briggs Foundation website, http://www.meyerbriggs.org/mbti-personality-types-
⁵. Myers B. Myers & Briggs Foundation website, http://www.meyerbriggs.org/mbti-preferences-