

Patient readiness to change questionnaire

*Adapted from the University of Rhode Island Change Assessment Scale (URICA) ([DiClemente 1990](#))([McConaughy 1983](#))

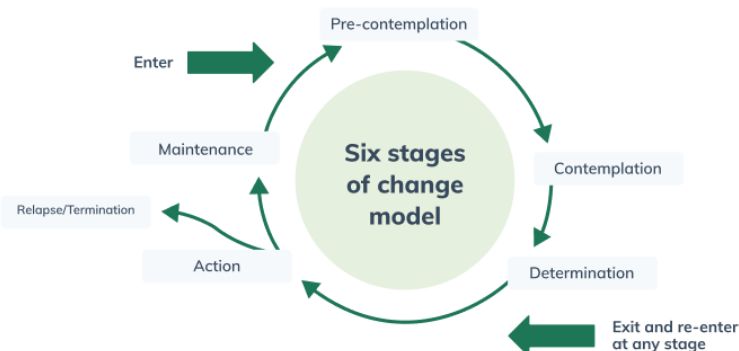
Background

Readiness to change is a measurement based on the Transtheoretical Model of Change, which has been widely applied to understanding the various stages involved with changing health behaviors. ([Hashemzadeh 2019](#)) By measuring readiness to change, you and your practitioner will be able to better understand where you are at in your behavioral change journey and develop a treatment plan based on your specific needs and readiness. ([Prochaska 1997](#))

The Transtheoretical Model of Change

The Transtheoretical Model of Change (TTM) outlines that behavioral change is made up of six progressive stages:

1. **Pre-contemplation:** the individual is (un)aware of a problematic health behavior and is not considering change
2. **Contemplation:** the individual is considering change
3. **Determination** (preparation): the individual is planning to make change
4. **Action:** the individual initiates change by performing the behavior within six months
5. **Maintenance:** the behavior is continuously performed past six months
6. **Relapse:** the individual regresses back into any one of the prior stages, which can occur at any point in time (or not at all) ([Prochaska 1997](#))



For patients: How to complete the questionnaire

This is a patient self-administered 32-item questionnaire that should take five to ten minutes to complete. Your practitioner will use your responses to generate a “readiness to change” score. ([Ceccarini 2015](#))

Each statement below describes how a person might feel when approaching problems in their lives. Please indicate the extent to which you tend to agree or disagree with each statement. In each case, make your choice in terms of how you feel right now, not what you have felt in the past or would like to feel. For all statements that refer to your “problem,” answer in terms of problems related to reasons you are seeing your health practitioner.

Circle the number that best describes how much you agree or disagree with each statement.

(1) Strongly disagree	(2) Disagree	(3) Neutral	(4) Agree	(5) Strongly agree	
1. As far as I'm concerned, I don't have any problems that need changing.	1	2	3	4	5
2. I think I might be ready for some self-improvement.	1	2	3	4	5
3. I'm doing something about the problems that have been bothering me.	1	2	3	4	5
4. It might be worthwhile to work on my problem.	1	2	3	4	5
5. I'm not the problem. It doesn't make much sense for me to be here.	1	2	3	4	5
6. It worries me that I might slip back on a problem I've already changed, so I'm here to seek help.	1	2	3	4	5
7. I'm finally doing some work on my problems.	1	2	3	4	5
8. I've been thinking that I might want to change something about myself.	1	2	3	4	5
9. I've been successful in working on my problem but I'm not sure I can keep up the effort on my own.	1	2	3	4	5
10. At times, my problem is difficult, but I'm working on it.	1	2	3	4	5
11. Trying to change is pretty much a waste of time for me because the problem doesn't have to do with me.	1	2	3	4	5
12. I'm hoping my practitioner will help me to better understand myself.	1	2	3	4	5
13. I guess I have faults, but there's nothing that I really need to change.	1	2	3	4	5

(1) Strongly disagree	(2) Disagree	(3) Neutral	(4) Agree	(5) Strongly agree	
14. I'm really working hard to change.	1	2	3	4	5
15. I have a problem and I really think I should work on it.	1	2	3	4	5
16. I'm not following through with what I had already changed as well as I had hoped, and I'm here to prevent a relapse of the problem.	1	2	3	4	5
17. Even though I'm not always successful in changing, I'm at least working on my problem.	1	2	3	4	5
18. I thought once I had resolved the problem I would be free of it, but sometimes I still find myself struggling with it.	1	2	3	4	5
19. I wish I had more ideas on how to solve my problem.	1	2	3	4	5
20. I've started working on my problems, but I would like help.	1	2	3	4	5
21. Maybe my practitioner will be able to help me.	1	2	3	4	5
22. I may need a boost right now to help me maintain the changes I've already made.	1	2	3	4	5
23. I may be part of the problem, but I don't really think I am.	1	2	3	4	5
24. I hope that my practitioner will have some good advice for me.	1	2	3	4	5
25. Anyone can talk about changing; I'm actually doing something about it.	1	2	3	4	5
26. All this talk about psychology is boring. Why can't people just forget their problems?	1	2	3	4	5
27. I'm here to prevent myself from having a relapse of my problem.	1	2	3	4	5
28. It's frustrating, but I feel I might be having a recurrence of a problem I thought I had resolved.	1	2	3	4	5
29. I have worries but so does the next person. Why spend time thinking about them?	1	2	3	4	5
30. I'm actively working on my problem.	1	2	3	4	5
31. I would rather cope with my faults than try to change them.	1	2	3	4	5
32. After all I had done to try and change my problem, every now and then it comes back to haunt me.	1	2	3	4	5

Thank you for completing this questionnaire! Please return the form to your practitioner.

For practitioners: Interpreting the questionnaire responses

This score is calculated by averaging out responses to questions that are answered using a 5-point Likert scale for the stages of change subcategories. The stages of change are pre-contemplation, contemplation, action, and maintenance. ([University of Maryland, Baltimore County, ND](#))

The average score of the pre-contemplation score is ultimately subtracted from the sum of the averages of the contemplation, action, and maintenance scores. The final score provides the indicator to classify your patient in one of the four stages. ([University of Maryland, Baltimore County, ND](#))

Enter the questionnaire scores below.

Pre-contemplation (PC)		Contemplation (C)		Action (A)		Maintenance (M)	
1		2		3		8	
5		4	Omit	7		9	Omit
11		8		10		16	
13		12		14		18	
23		15		17		22	
26		19		20	Omit	27	
29		21		25		28	
31	Omit	24		30		32	
Total		Total		Total		Total	
	Divide by 7		Divide by 7		Divide by 7		Divide by 7
Mean		Mean		Mean		Mean	
Readiness score = Mean C + Mean A + Mean M - Mean PC							

Readiness score: _____

Stage	Score
Pre-contemplation	≤8
Contemplation	8-11
Action	11-14
Maintenance	≥14



About the URICA questionnaire

The University of Rhode Island Change Assessment Scale (URICA) (DiClement 2004)(McConaughy 1983) is regularly described as one of the most widely applied measures of readiness to change (Ceccarini 2015)(Krebs 2018) and is available in many languages other than English. (Chen 2019)(Hasler 2003)(Khalil 2011)(Lerdal 2009)(Pietrabissa 2017) It was originally used as a method for measuring stages of change in psychotherapy, (McConaughy 1989)(McConaughy 1983) but it also has demonstrated validity and reliability for use in other behaviors such as alcoholism or substance use, (Field 2009)(Henderson 2004)(Pantalon 2002)(Willoughby 1996) smoking cessation, (Munson 2018) anxiety, (Dozois 2004) nutrition programs for weight management, (Pietrabissa 2017) and exercise. (Chen 2019)(Lerdal 2009)

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Updated: May 2022