Attachment CC – Adult Urica

University of Rhode Island Change Assessment Scale - URICA
INSTRUCTIONS: This questionnaire is to help us improve services. Each statement describes how a person might feel when starting therapy or 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 the statements that refer to your "problem", answer in terms of problems related to your drinking (or illegal drug use). The words "here" and "this place" refer to treatment or the program. Please read the following statements carefully. For each statement, circle the number that best describes how much you agree or disagree with each statement. ***You must complete one scale for alcohol use and a separate scale for drug use.***

Key: SD = No Strongly Disagree **D** = No Disagree **U** = Undecided or Unsure **A** = Yes Agree **SA** = Yes Strongly Agree

Problem:	SD	D	U	A	SA
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 am doing something about the problems that had 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 one. 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 have already changed, so I am here to seek help.	☒ 1	☐ 2	☐ 3	☐ 4	☐ 5
7. I am finally doing some work on my problem.	☐ 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 have 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. Being here 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 this place 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
14. I am really working hard to change.	☐ 1	☒ 2	☐ 3	☐ 4	☐ 5
15. I have a problem and I really think I should work at 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 am at least working on my problem.	☐ 1	☒ 2	☐ 3	☐ 4	☐ 5
18. I thought once I had resolved my 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 the problem.	☐ 1	☒ 2	☐ 3	☐ 4	☐ 5
20. I have started working on my problems but I would like help.	☐ 1	☒ 2	☐ 3	☐ 4	☐ 5
21. Maybe this place 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 someone here 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 about 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 is 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 guy. Why spend time thinking about them?	☐ 1	☐ 2	☐ 3	☐ 4	☒ 5
30. I am 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 to change my problem, every now and again it comes back to haunt me.	☐ 1	☒ 2	☐ 3	☐ 4	☐ 5

ASAIS ID: _____ Last Name: _____ First Name: _____ MI: _____

URICA Scoring Form Transfer the client's answers from questionnaire. Obtain the average score per subscale using the following grid.

	Precontemplation (PC)		Contemplation (C)		Action (A)		Maintenance (M)
1		2		3		6	
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 _____

÷ 7 = _____ (avg) ÷ 7 = _____ (avg) ÷ 7 = _____ (avg) ÷ 7 = _____ (avg)

MEAN _____ _____ _____ _____

To obtain the Readiness to Change score, first sum items from each subscale and divide by 7 to get the mean for each subscale. Then sum the means from the Contemplation, Action, and Maintenance subscales and subtract the Precontemplation mean   (C + A + M - PC = Readiness).

Compare the Readiness for change score to the following group means. Choose the stage whose group average is closest to the computed Readiness Score:

Stage	Group Average
Pre contemplation	8 or lower
Contemplation	**8 - 11**
Preparation (Action)	11 - 14
Maintenance	14 and above

Source: University of Maryland, Health and Addictive Behaviors lab,
http://www.umbc.edu/psyc/habits/content/ttm_measures/urica/readiness.html