

University Rhode Island Change Assessment Scale (URICA)

Each statement below describes how a person might feel when stating therapy or approaching problems in his life. 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 substance use and/or mental health. The words, "here" and "this place" refer to your treatment center.

There are five possible responses to each of the items in the questionnaire:

- 1=Strongly Disagree
- 2=Disagree
- 3=Undecided
- 4=Agree
- 5=Strongly Disagree

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

	Strongly Disagree	Disagree	Undecided	Agree	Strongly Disagree
1. As far as I am 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. As far as I am concerned, I don't have any problems that need changing.	1	2	3	4	5
6. I am not the problem one. It doesn't make much sense for me to consider changing.	1	2	3	4	5
7. I am finally doing some work on my problem.	1	2	3	4	5
8. I have 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 am working on it.	1	2	3	4	5
11. Trying to change is pretty much a Waste of time for me because the	1	2	3	4	5

Problem doesn't have to do with me.

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| 12. I'm hoping that I will be able to understand myself better. | 1 | 2 | 3 | 4 | 5 |
| 13. I guess I have faults, but there's but there is 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 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 want 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 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 problems. | 1 | 2 | 3 | 4 | 5 |
| 20. I have started working on my problem, but I would like help. | 1 | 2 | 3 | 4 | 5 |
| 21. Maybe someone or something 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 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 struggling to improve myself from having a relapse of my problem. | 1 | 2 | 3 | 4 | 5 |

28. It is frustrating, but I feel I might 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.	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 and change my problem every now and again it comes back to haunt me.	1	2	3	4	5

URICA Scoring

- Obtain the average score per subscale using the following grid:

Pre-contemplation (PC)	Contemplation (C)	Action (A)	Maintenance (M)
1. _____	2. _____	3. _____	6. _____
5. _____	8. _____	7. _____	16. _____
11. _____	12. _____	10. _____	18. _____
13. _____	15. _____	14. _____	22. _____
23. _____	19. _____	17. _____	27. _____
26. _____	21. _____	25. _____	28. _____
29. _____	24. _____	30. _____	32. _____
Total _____ divided by 7= Average	Total _____ divided by 7= Average	Total _____ divided by 7= Average	Total _____ divided by 7= Average

- Compute the "Readiness for Change" score via the following formula:

$$(\text{Avg C} + \text{Avg A} + \text{Avg M}) - \text{Avg PC}$$

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

STAGE	GROUP AVG
Pre-contemplation	9.3
Contemplation	11.0
Participation (Action)	12.6
Maintenance	(Not Available)