

Readiness to Change Questionnaire

The following questions are designed to identify how you personally feel about your drinking right now. Please think about your current situation and drinking habits, even if you have given up drinking completely. Read each question below carefully and then decide whether you agree or disagree with the statements. Please mark the answer of your choice to each question. If you have any problems please ask.

Your answers are completely private and confidential

SD = Strongly disagree **D** = Disagree **U** = Unsure **A** = Agree **SA** = Strongly agree

	SD	D	U	A	SA	Office use
1. It's a waste of time thinking about my drinking because I do not have a problem.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	PC
2. I enjoy my drinking but sometimes I drink too much.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	C
3. There is nothing seriously wrong with my drinking.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	PC
4. Sometimes I think I should quit or cut down on my drinking.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	C
5. Anyone can talk about wanting to do something about their drinking, but I'm actually doing something about it.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	A
6. I am a fairly normal drinker.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	PC
7. My drinking is a problem sometimes.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	C
8. I am actually changing my drinking habits right now (either cutting down or quitting).	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	A
9. I have started to carry out a plan to cut down or quit drinking.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	A

Source: Rollnick, S., Heather, N., Gold, R., & Hall, W. (1992). Development of a short "readiness to change" questionnaire for use in brief, opportunistic interventions among excessive drinkers. *British Journal of Addiction*, 87, 743–754. Reproduced by permission.

10. There is nothing I really need to change about my drinking.

PC

11. Sometimes I wonder if my drinking is out of control.

C

12. I am actively working on my drinking problem.

A

Scoring the Readiness to Change Questionnaire (Treatment Version)

The scale score codes represent each of the stages of change: PC = Precontemplation; C = Contemplation; A = Action.

Items numbered 1,3,6,10 *Precontemplation*, items numbered 2,4,7,11 = *Contemplation* and items numbered 5,8,9,12 = *Action*. All items should be scored on a 5-point scale ranging from:

- 2 Strongly Disagree
- 1 Disagree
- 0 Unsure
- +1 Agree
- +2 Strongly Agree

To calculate the score for each scale, simply add the item scores for the scale in question. The range of each scale is -8 through 0 to +8. A negative scale score reflects an overall disagreement with items measuring the stage of change, whereas a positive score represents overall agreement. The highest scale score represents the Stage of Change Designation.

Note: If two or more scale scores are equal, then the scale farthest along the continuum of change (Precontemplation-Contemplation-Action) represents the subject's Stage of Change Designation. For example, if a subject scores 6 on the Precontemplation scale, 6 on the Contemplation scale and -2 on the Action scale, then the subject is assigned to the Contemplation stage.

If one of the four items on a scale is missing, the subject's score for that scale should be pro-rated (i.e. multiplied by 4/3 or 1.33). If two or more items are missing, the scale score cannot be calculated. In this case the Stage of Change Designation will be invalid.