

## University of Rhode Island Change Assessment (URICA) User Information

The URICA is the original instrument for assessing the transtheoretical stages of change. A variety of longer and shorter forms are available. Provided here are the 24-item URICA scales regarding alcohol use and drug use.

An excellent resource for information about transtheoretical assessment instruments including the URICA is the website of the Habits Lab at the University of Maryland, Baltimore County: [http://www.umbc.edu/psyc/habits/content/ttm\\_measures/index.html](http://www.umbc.edu/psyc/habits/content/ttm_measures/index.html).

**Source:** DiClemente, C. C., & Hughes, J. R. (1990). Stages of change profiles in outpatient alcoholism treatment. *Journal of Substance Abuse*, 2, 217–235. Reproduced by permission.

# Change Assessment Scale (URICA) : Alcohol Version

EACH STATEMENT BELOW DESCRIBES A 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 STATEMENTS THAT REFER TO YOUR "PROBLEM", ANSWER IN TERMS OF PROBLEMS RELATED TO YOUR DRINKING. 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 Agree

CIRCLE THE NUMBER THAT BEST DESCRIBES HOW MUCH YOU AGREE OR DISAGREE WITH EACH STATEMENT.

	Strongly Disagree	Disagree	Undecided	Agree	Strongly Agree
1) I'm not the problem one. It doesn't make much sense for me to consider changing.	1	2	3	4	5
2) I am finally doing some work on my problem.	1	2	3	4	5
3) I've been thinking that I might want to change something about myself.	1	2	3	4	5
4) At times my problem is difficult, but I'm working on it.	1	2	3	4	5
5) 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
6) I'm hoping that I will be able to understand myself better.	1	2	3	4	5
7) I guess I have faults, but there's nothing that I really need to change.	1	2	3	4	5
8) I am really working hard to change.	1	2	3	4	5
9) I have a problem and I really think I should work on it.	1	2	3	4	5
10) 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

	Strongly Disagree	Disagree	Undecided	Agree	Strongly Agree
11) Even though I'm not always successful in changing, I am at least working on my problem.	1	2	3	4	5
12) 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
13) I wish I had more ideas on how to solve my problem.	1	2	3	4	5
14) Maybe someone or something will be able to help me.	1	2	3	4	5
15) I may need a boost right now to help me maintain the changes I've already made.	1	2	3	4	5
16) I may be part of the problem, but I don't really think I am.	1	2	3	4	5
17) I hope that someone will have some good advice for me.	1	2	3	4	5
18) Anyone can talk about changing; I'm actually doing something about it.	1	2	3	4	5
19) All this talk about psychology is boring. Why can't people just forget about their problems?	1	2	3	4	5
20) I'm struggling to prevent myself from having a relapse of my problem.	1	2	3	4	5
21) 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
22) I have worries but so does the next guy. Why spend time thinking about them?	1	2	3	4	5
23) I am actively working on my problem.	1	2	3	4	5
24) 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

# Change Assessment Scale (URICA) :

## Drug Version

EACH STATEMENT BELOW DESCRIBES A 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 STATEMENTS THAT REFER TO YOUR "PROBLEM", ANSWER IN TERMS OF PROBLEMS RELATED TO YOUR ILLEGAL DRUG USE. 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 Agree

CIRCLE THE NUMBER THAT BEST DESCRIBES HOW MUCH YOU AGREE OR DISAGREE WITH EACH STATEMENT.

	Strongly Disagree	Disagree	Undecided	Agree	Strongly Agree
1) I'm not the problem one. It doesn't make much sense for me to consider changing.	1	2	3	4	5
2) I am finally doing some work on my problem.	1	2	3	4	5
3) I've been thinking that I might want to change something about myself.	1	2	3	4	5
4) At times my problem is difficult, but I'm working on it.	1	2	3	4	5
5) 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
6) I'm hoping that I will be able to understand myself better.	1	2	3	4	5
7) I guess I have faults, but there's nothing that I really need to change.	1	2	3	4	5
8) I am really working hard to change.	1	2	3	4	5
9) I have a problem and I really think I should work on it.	1	2	3	4	5
10) I'm not following though 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

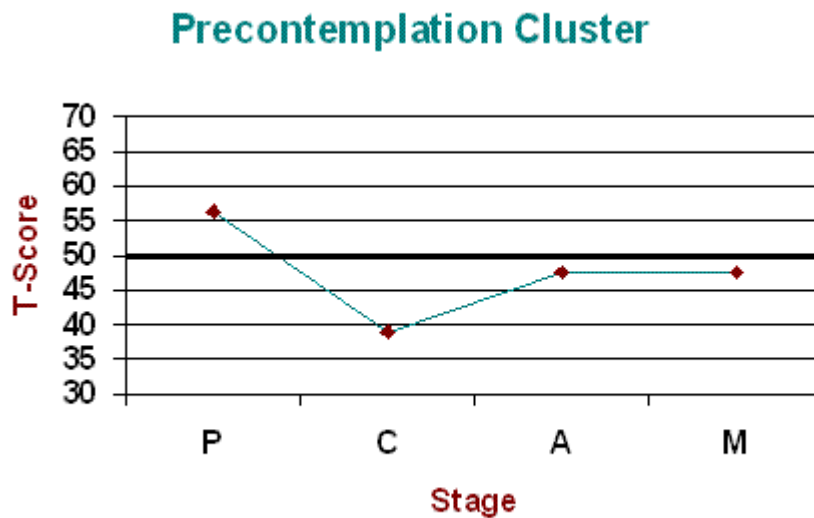
		Strongly Disagree	Disagree	Undecided	Agree	Strongly Agree
11)	Even though I'm not always successful in changing, I am at least working on my problem.	1	2	3	4	5
12)	I thought once I had resolved the problem I would be free of it, but sometimes I still find myself struggling with it.	1	2	3	4	5
13)	I wish I had more ideas on how to solve my problem.	1	2	3	4	5
14)	Maybe someone or something will be able to help me.					
15)	I may need a boost right now to help me maintain the changes I've already made.	1	2	3	4	5
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22)	I have worries but so does the next guy. Why spend time thinking about them?	1	2	3	4	5
23)	I am actively working on my problem.	1	2	3	4	5
24)	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

# PROFILE SCORING FOR URICA

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## Profile Description and Example

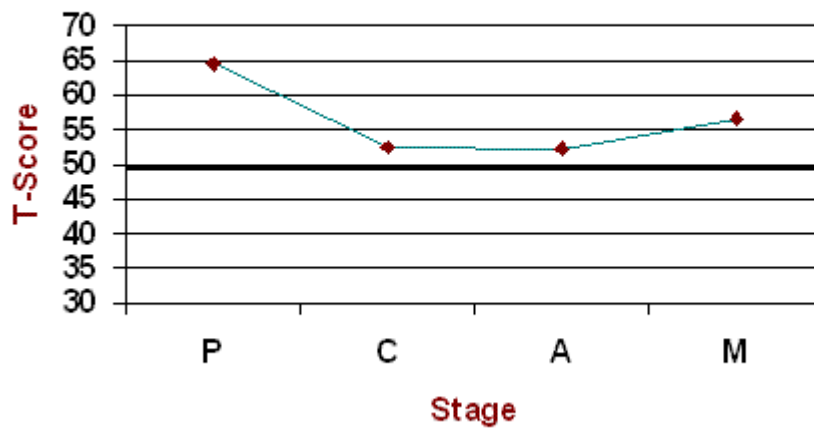
When one creates profiles, based on standardized scores, you see what patterns people fit into. It is important to remember, however, that this is not an exact science. The number of different clusters found using profiles has varied by study. In a study conducted by Carlo DiClemente, Ph.D. and Sheryl Hughes (1990) with 224 participants entering outpatient alcohol treatment, 5 clusters were found:



There were 63 individuals in this cluster. These participants appeared to be denying the existence of an alcohol problem, maintaining their alcohol problem and are not thinking about or engaging in any behavior change regarding their drinking.

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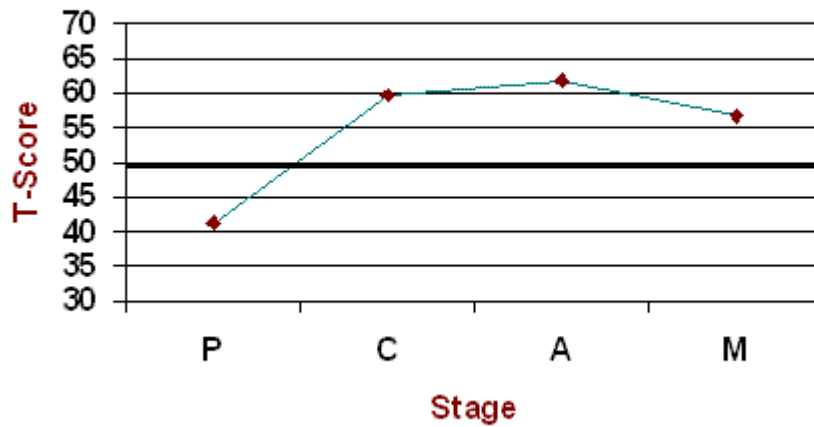
## Ambivalent Cluster



Thirty participants made up this cluster. These individuals appeared reluctant about changing alcohol-related behaviors and tended to report contradicting thoughts and behaviors.

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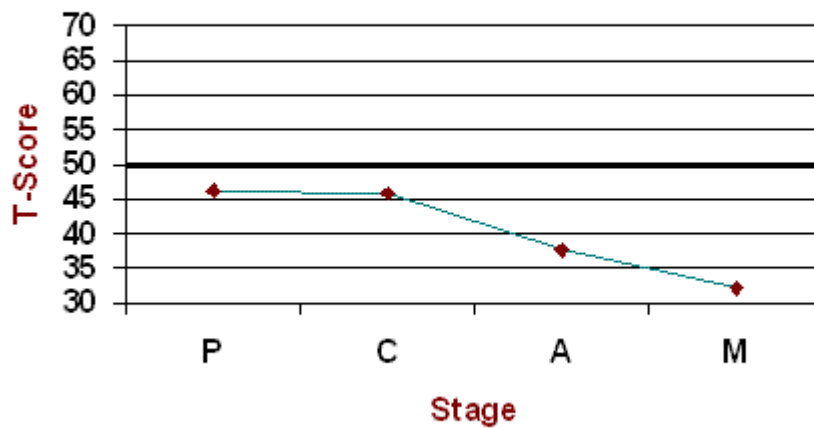
## Participation Cluster



The 51 participants in this cluster appeared to be invested and involved in alcohol-related behavior change.

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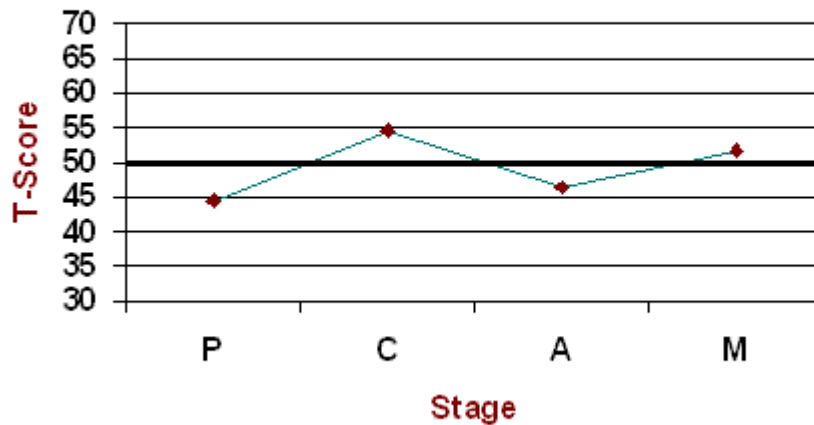
## Uninvolved or Discouraged Cluster



The 27 participants in this cluster are notable for having scores below the average for each of the stages. These people are not involved in behavior change and have lost hope for changing.

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## Contemplation Cluster



The 53 participants that made up this cluster appear to have some serious thoughts about changing but have not yet started changing their behavior(s).

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These five clusters were recreated in Project MATCH and ordered based on readiness for change:



Uninvolved/Discouraged	Precontemplation	Ambivalent	Contemplation	Participation
Lowest Readiness		Highest Readiness		

### Using the Template to Identify Participant Profile

If you have a sample of individuals that is similar to those used to create these profiles, you can use the template below to create individual profiles and compare them to these clustered groups. This will help you to understand where each individual's readiness lies compared to others from different profile groups. If your sample is not similar (e.g. different substance used, different treatment setting, etc), you cannot be certain that these groups are appropriate for understanding readiness in your sample and you should either utilize the readiness score instead or run your own cluster analysis to identify how your sample groups look.

To obtain an individual's Stage of Change profile, please circle the number in each column corresponding to the total scale score and connect with lines.

T-Scores	PC	C	A	M
100	30-35			
95	29-30			
90	27-28			
85	25-26			
80	23-24			
75	21-22			
70	19-20		35	35
65	17-18		33-34	33-34
60	15-16	34-35	31-32	31-32
55	13-14	33	29-30	28-29-30
50	11-12	31-32	27-28	26-27
45	09-10	30	25-26	23-24-25
40	07-08	28-29	23-24	21-22
35		27	21-22	18-19-20

30		25-26	19-20	16-17
25		24	17-18	13-14-15
20		22-23	15-16	11-12
15		21	13-14	08-09-10
10		19-20	11-12	07
5		18	09-10	
00		16-17	07-08	
-05		15		
-10		13-14		
-15		07-12		

# READINESS SCORE FOR URICA

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## Calculating and Understanding the Readiness Score

### Uses of the Readiness Score

The readiness score derived from the URICA can be used prior to treatment to predict outcomes. However, when the scores from the URICA are being used to indicate progress during treatment or as end-of-treatment predictors of drinking outcomes, action and maintenance subscale scores and not the readiness score should be used. Remember, though, that these subscale scores represent attitudes and activities related to the stages of change and not precisely state status. The shifts in subscale scores are associated with the shifting people go through during the process of change, which is not a linear, single variable. For further information, please refer to DiClemente, C.C., Schlundt, D., & Gemmell, L. (2004). Readiness and stages of change in addiction treatment. *The American Journal on Addictions, 13*, 103-119.

### Calculating the Readiness Score

Calculating the Readiness Score is done by calculating the means for precontemplation responses, contemplation responses, action responses and the struggling to maintain responses. Once means are found for each of the stage subscales, the mean from the precontemplation is subtracted from the summation of the other three stages. Below you will find grids showing which questions are used to calculate each of the subscale totals, the number to divide by to obtain the mean and the formula below each grid to calculate the readiness score. Remember, if you alter the order of the questions from the order already used in our versions of the URICA, you must adjust the grid to account for changes in numbering to be certain the questions are correctly linked to the stages.

### Cut-off scores:

Cut-off scores can be created for the readiness score but it is important to consider your population and how conservative you want to be. Cut-off scores are essentially arbitrary and you should be thinking about the stages as least ready, middle, and most ready.

For the general population, the following cut-off scores may be appropriate:

8 or lower classified as Precontemplators

8-11 classified as Contemplators

11-14 classified as Preparators into Action Takers

For intensive service populations, it may be more appropriate to use only score in the range of 12-14 to classify those in preparation and action.

**URICA 32-Item Versions**

	Precontemplation	Contemplation	Action	Maintenance
Question Numbers	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:				
Divide by:	7	7	7	7
Mean:				

\*For the questions that say “Omit” do not include them in your summation of scores for each stage subscale.

To obtain a 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 ( $C + A + M - PC = \text{Readiness}$ ).

**URICA 28-Item Versions**

	Precontemplation	Contemplation	Action	Maintenance
Question Numbers	1	2	3	5
	4	7	6	14
	9	10	8	16
	11	13	12	19
	20	17	15	24

	23	18	22	25
	26	21	27	28
Total:				
Divide by:	7	7	7	7
Mean:				

To obtain a 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 ( $C + A + M - PC = \text{Readiness}$ ).

**URICA 24-Item Versions:**

	Precontemplation	Contemplation	Action	Maintenance
Question Numbers	1	3	2	10
	5	6	4	12
	7	9	8	15
	16	13	11	20
	19	14	18	21
	22	17	23	24
Total:				
Divide by:	6	6	6	6
Mean:				

In order to obtain a Readiness to Change score, first sum items from each subscale and divide by 6 to get the mean for each subscale. Then sum the means from the Contemplation, Action, and Maintenance subscales and subtract the Precontemplation mean ( $C + A + M - PC = \text{Readiness}$ ).