

# Readiness for Change Questionnaire

Name: \_\_\_\_\_ Date: \_\_\_\_\_

**Instructions:** 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 carefully, and then decide whether you agree or disagree with the statements. Please tick the answer of your choice to each question.

Your answers are completely private and confidential.

Key:

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

Statement	SD	D	U	A	SA	For office use only
It's a waste of time thinking about my drinking because I do not have a problem.						PC
I enjoy drinking but sometimes I drink too much.						C
There is nothing seriously wrong with my drinking.						PC
Sometimes I think I should quit or cut down on my drinking.						C
Anyone can talk about wanting to do something about their drinking, but I'm actually doing something about it.						A
I am a fairly normal drinker.						PC
My drinking is a problem sometimes.						C
I am actually changing my drinking habits right now (either cutting down or quitting).						A
I have started to carry out a plan to cut down or quit drinking.						A
There is nothing really need to change about my drinking.						PC
Sometimes I wonder if my drinking is out of control.						C
I am actively working on my drinking problem.						A

## Scoring

The scale score codes represent each of the Stages of Change.

- Items numbered 1, 3, 6, 10 = Precontemplation (PC) = Total PC = \_\_\_\_\_
- Items numbered 2, 4, 7, 11 = Contemplation (C) = Total C = \_\_\_\_\_
- Items numbered 5, 8, 9, 12 = Action (A) = Total A = \_\_\_\_\_

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 -10 through 0 to +10. A negative scale score reflects an overall disagreement with items measuring the stage of change, whereas a positive scale score represents overall agreement. The highest scale score represents the Stage of Change Designation.

*If two or more scale scores are equal, then the scale farther along the continuum of change (Precontemplation-Contemplation-Action) represents the subject's Stage of Change Designation.*

*\*\*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 five items on a scale is missing, the subject's score for that scale should be prorated (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.*

## Reference

Heather, N., & Hönekopp, J. (2008). A revised edition of the Readiness to Change Questionnaire [Treatment Version]. *Addiction Research & Theory*, 16(5), 421–433. <https://doi.org/10.1080/16066350801900321>