University of Rhode Island Change Assessment Scale (URICA)

Name: _____ **Date:** _____

This 32-item 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 what you write in the "Problem" text field below. And "here" refers to the place of treatment or the program.

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

Problem:					
Statement	**1**	**2**	**3**	**4**	**5**
1. As far as I'm concerned. I don't have any problems that need changing.					
2. I think I might be ready for some self–improvement.					
3. I am doing something about the problems that have been bothering me.					
4. It might be worthwhile to work on my problem.					
5. I'm not the problem one. It doesn't make much sense for me to be here.					
6. It worries me that I might slip back on a problem I have a l ready changed, so I am here to seek help.					
7. I am finally doing some work on my problem.					
8. I've been thinking that I might want to change something about myself.					
9. I have been successful in working on my problem, but - I'm not sure I can keep up the effort on my own.					
10. At times my problem is difficult, but I'm working on it.					
11. Being here is pretty much of a waste of time for me because the problem doesn't have to do with me.					
12. I'm hoping this place will help me to better understand myself.					

Statement	1	2	3	4	5
13. I guess I have faults, but there's nothing that I really need to change.					
14. I am really working hard to change.					
15. I have a problem, and I really think I should work on it.					
16. I'm not following through with what I have already changed as well as I had hoped, and I'm here to prevent a relapse of the problem.					
17. Even though I'm not always successful in changing, I am at least working on my problem.					
18. I thought once I had resolved the problem, I would be free of it, but sometimes I still find myself struggling with it.					
19. I wish I had more ideas on how to solve my problem.					
20. I have started working on my problems, but I would nlike help.					
21. Maybe this place will be able to help me.					
22. I may need a boost right now to help me maintain the changes I've already made.					
23. I may be part of the problem, but I don't really think I am.					
24. I hope that someone here will have some good advice for me.					
25. Anyone can talk about changing; I'm actually doing something about it.					
26. All this talk about psychology is boring.					
27. I'm here to prevent myself from having a relapse of my problem.					
28. It is frustrating, but I feel I might be having a recurrence of a problem I thought I had resolved.					
29. I have worries but so does the next guy. Why spend time thinking about them?					
30. I am actively working on my problem.					
31. I would rather cope with my faults than try to change them.					
32. After all I had done to try and change my problem, every now and again, it comes back to haunt me.					

Subscale/Stage	Items	Remarks
Pre-contemplation	1, 5, 11, 13, 23, 26, 29, 31	Omit item #31 when scoring for readiness
Contemplation	2, 4, 8, 12, 15, 19, 21, 24	Omit item #4 when scoring for readiness
Action/Active Change	3, 7, 10, 14, 17, 20, 25, 30	Omit item #20 when scoring for readiness
Maintenance	6, 9, 16, 18, 22, 27, 28, 32	Omit item #9 when scoring for readiness

Subscale/Stage	Pre-contemplation (PC)	Contemplation (C)	Active Change/ Action (A)	Maintenance (M)
Score:				

Total score (to use for Profile scoring): _____ **Readiness score**: _____

Scoring

The URICA scoring addresses the tendency for skewed responses by offering two interpretation methods: Profile scoring and Readiness score.

- **Profile scoring:** This method involves calculating the **total scores** for each of the four subscales/stages. Profiles give an overview of an individual's stage in the change process by looking at their relative endorsement of each stage. This helps in identifying the stage they most align with, offering insights into their current mindset regarding change.

- **Readiness score**: This approach calculates the **mean scores** across stages. The Readiness Score represents a person's overall readiness for change, summarizing their willingness to engage in active change behaviors and their confidence in maintaining them.

Readiness score

The URICA Readiness Score is calculated by averaging the scores for each stage: Pre-contemplation, Contemplation, Action/Active Change, and Maintenance.

To determine the Readiness score, first find the mean for each subscale. Then, subtract the Pre-contemplation mean from the combined total of the other three means (Contemplation, Action, and Maintenance).

The formula is as follows:

$$\text{Readiness Score (RS)} = (\text{C\_Mean} + \text{A\_Mean} + \text{M\_Mean}) - \text{PC\_Mean}$$

Note that items 4, 9, 20, and 31 are omitted when calculating the Readiness score.

Cut-off scores can also be developed for the Readiness Score, but it's essential to consider the characteristics of your specific population and decide on an appropriate level of conservativeness. Currently, no standard cut-off norms have been established to define high, medium, or low scores for each subscale or stage. Additionally, the subscales are treated as continuous measures rather than discrete categories.

Profile scoring

Profile scoring involves calculating total scores across the four stages of change: Pre-contemplation, Contemplation, Action/Active Change, and Maintenance. The scores can help you categorize individuals into different readiness profiles, which can vary significantly across studies.

The number of distinct profiles identified can differ based on the population studied; thus, you may need to conduct your own cluster analyses to determine relevant profiles for your specific sample.

References

HABITS Lab (2019). *URICA – readiness score - HABITS Lab - UMBC*. University of Maryland Baltimore County. https://habitslab.umbc.edu/urica-readiness-score/

HABITS Lab (n.d.). *URICA scoring*. University of Maryland Baltimore County. https://habitslab.umbc.edu/urica-scoring/

HABITS Lab. (2024). *URICA – Profiles*. University of Maryland Baltimore County. https://habitslab.umbc.edu/urica-profiles/

McConnaughy, E. A. (1981). Development of the University of Rhode Island Change Assessment (URICA) Scale: A device for the measurement of stages of change [Paper]. In *Open Access Master's Theses. Paper 1614.* https://doi.org/10.23860/thesis-mcconnaughy-eileen-1981

McConnaughy, E.N., Prochaska, J.O., & Velicer, W.F. (1983). Stages of change in psychotherapy: Measurement and sample profiles. *Psychotherapy: Theory, Research and Practice*, 20, 368-375.