

Appendix Three - Readiness to Change Questionnaire

Please read the sentence below carefully. For each one please tick the answer that best describes how you feel. Your answers will be private and confidential.

	Strongly	Disagree	Unsure	Agree	Strongly
	disagree	disagree			agree
1 My drinking is okay as it is	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2 I am trying to drink less than I used to	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3 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"/>
4 I should cut down on my drinking	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5 It's a waste of time thinking about my drinking	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6 I have just recently changed my drinking habits	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7 Anyone can talk about wanting to do something about drinking, but I am actually doing something about it	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8 I am at the stage where I should think about drinking less alcohol	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9 My drinking is a problem	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10 It's alright for me to keep drinking as I do now	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
11 I am actually changing my drinking habits right now	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
12 My life would still be the same, even if I drank less	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Scoring the readiness to change questionnaire.

The precontemplation items are numbers 1,5,10 and 12. The contemplation items are numbers 3,4,8 and 9. The Action items are numbers 2,6,7 and 11. All items are to be scored on a 5-point rating scale ranging from:

<input type="text" value="- 2"/>	Strongly disagree
<input type="text" value="- 1"/>	Disagree
<input type="text" value="0"/>	Unsure
<input type="text" value="+1"/>	Agree
<input type="text" value="+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 score reflects an overall disagreement with items measuring the stage of change, whereas a positive score represents overall agreement. The highest score represents the State of Change Designation.

Note: If two scale scores are equal, then the scale further 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.

Note that positive scores on the Precontemplation scale signify a lack of readiness to change. To obtain a score for Precontemplation which represents the subject's degree of readiness to change, comparable to scores on the Contemplation and Action scales, simply reverse the sign of the Precontemplation score (see below)

If one of the four items on a scale is missing, the subject's score for that scale should be prorated (ie multiplied by 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.

Scale Scores

Precontemplation score

Contemplation score

Action score

Readiness to Change

Precontemplation (reverse score)

Contemplation (same score)

Action (same score)

Stage of Change designation

(Precontemplation, Contemplation or Action)