

University of Rhode Island Change Assessment Scale

The University of Rhode Island Change Assessment Scale is a nationally renowned, well researched tool that assists professional staff and consumers in selecting the most appropriate treatment or intervention for the consumer’s presenting issue. The **URICA** has been shown to be highly useful in a wide range of chronic illnesses including diabetes, cardiovascular, and addictions. The intent of the **URICA**, in our use of it, is to assess potential referrals to our treatment program for their *readiness to change* and to then assign them to an appropriately matched treatment or intervention. The information collected is confidential. **NO individually identifying information** is transferred to the research branch of this project. For research purposes, the information is used **ONLY** in aggregate form meaning that the data cannot be tracked back to a specific individual. Individual results are provided to the appropriate professional for use in assisting the consumer and the professional in developing treatment plans. The use of this data is covered under existing confidentiality rules and regulations.

Please enter the following Information:

Today’s Date:	Your Gender: (M/F)	Your Date of Birth:
Ethnic/Race ID: (Circle one)	Referral Source: (Circle one)	Meth Project Assignment:
A = Asian/Pacific Islander B = Black, Not of Hispanic Origin H = Hispanic I = American Indian/Alaskan Native W = White, Not of Hispanic Origin	1 = Pre-Court/Lawyer or other 2 = Post-Court/ Judge or P.O. 3 = DSS: Work First 4 = DSS: CPS 5 = Schools 6 = Clergy 7 = Medical/Physician or Hospital 8 = Family/Friends	1 = Haywood 2 = Macon 3= N/A

(Please continue to the next page...)

Scoring for each item is done by entering a number from 1 to 5 in the box below the question. Please use the following scale to represent the numbers 1 through 5.

1 Strongly Disagree	2 Disagree	3 Undecided	4 Agree	5 Strongly Agree
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1. As far as I'm concerned, I don't have any problems that need changing.
<input type="text"/> <- Enter your score here!
2. I think I might be ready for some self-improvement.
<input type="text"/> <- Enter your score here!
3. I am doing something about the problems that had been bother me.
<input type="text"/> <- Enter your score here!
4. It might be worthwhile to work on my problem.
<input type="text"/> <- Enter your score here!
5. I'm not the problem one. It doesn't make much sense for me to be here.
<input type="text"/> <- Enter your score here!
6. It worries me that I might slip back on a problem I have already changed, so I am here to seek help.
<input type="text"/> <- Enter your score here!
7. I am finally doing some work on my problem.
<input type="text"/> <- Enter your score here!
8. I've been thinking that I might want to change something about myself.
<input type="text"/> <- Enter your score here!

(Please Continue to the next page....)

1 Strongly Disagree	2 Disagree	3 Undecided	4 Agree	5 Strongly Agree
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9. I have been successful in working on my problem but I'm not sure I can keep up the effort on my own.
<input type="text"/> <- Enter your score here!
10. At times my problem is difficult, but I'm working on it.
<input type="text"/> <- Enter your score here!
11. Being here is pretty much a waste of time for me because the problem doesn't have to do with me.
<input type="text"/> <- Enter your score here!
12. I'm hoping that this place will help me to better understand myself.
<input type="text"/> <- Enter your score here!
13. I guess I have faults, but there's nothing that I really need to change.
<input type="text"/> <- Enter your score here!
14. I am really working hard to change.
<input type="text"/> <- Enter your score here!
15. I have a problem and I really think I should work at it.
<input type="text"/> <- Enter your score here!
16. I'm not following through with what I had already changed as well as I had hoped, and I'm here to prevent a relapse of the problem.
<input type="text"/> <- Enter your score here!
17. Even though I'm not always successful in changing, I am at least working on my problem.
<input type="text"/> <- Enter your score here!

(Please continue to the next page...)

1 Strongly Disagree	2 Disagree	3 Undecided	4 Agree	5 Strongly Agree
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18. I thought once I had resolved my problem I would be free of it, but sometimes I still find myself struggling with it.	<input type="text"/>	<- Enter your score here!
19. I wish I had more ideas on how to solve the problem.	<input type="text"/>	<- Enter your score here!
20. I have started working on my problems but I would like help.	<input type="text"/>	<- Enter your score here!
21. Maybe this place will be able to help me.	<input type="text"/>	<- Enter your score here!
22. I may need a boost right now to help me maintain the changes I've already made.	<input type="text"/>	<- Enter your score here!
23. I may be part of the problem, but I don't really think I am.	<input type="text"/>	<- Enter your score here!
24. I hope that someone here will have some good advice for me.	<input type="text"/>	<- Enter your score here!
25. Anyone can talk about change; I'm actually doing something about it.	<input type="text"/>	<- Enter your score here!
26. All this talk about psychology is boring. Why can't people just forget about their problems.	<input type="text"/>	<- Enter your score here!

(Please continue to the next page...)

1 Strongly Disagree	2 Disagree	3 Undecided	4 Agree	5 Strongly Agree
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27. I'm here to prevent myself from having a relapse of my problem.

<- Enter your score here!

28. It is frustrating, but I feel I might be having a recurrence of a problem I thought I had resolved.

<- Enter your score here!

29. I have worries but so does the next guy. Why spend time thinking about them?

<- Enter your score here!

30. I am actively working on my problem.

<- Enter your score here!

31. I would rather cope with my faults than try to change them.

<- Enter your score here!

32. After all I have done to try to change my problem, every now and again it comes back to haunt me.

<- Enter your score here!

Thank You
for completing this questionnaire. Please
return it to your clinical staff member.

<i>For Office Use Only:</i>	<i>Enter CMHC#:</i>
<i>Date sent to C.Yount</i>	