

## Readiness for Change Questionnaire

Name: \_\_\_\_\_ Date: \_\_\_\_\_ dd / mm / yyyy

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

It's a waste of time thinking about my drinking because I do not have a problem.

- ☐ SD  
☐ D  
☐ U  
☐ A  
☐ SA

I enjoy drinking but sometimes I drink too much.

- ☐ SD  
☐ D  
☐ U  
☐ A  
☐ SA

There is nothing seriously wrong with my drinking.

- ☐ SD  
☐ D  
☐ U  
☐ A  
☐ SA

Sometimes I think I should quit or cut down on my drinking.

- ☐ SD  
☐ D  
☐ U  
☐ A  
☐ SA

Anyone can talk about wanting to do something about their drinking, but I'm actually doing something about it.

- ☐ SD  
☐ D  
☐ U  
☐ A  
☐ SA

I am a fairly normal drinker.

- ☐ SD  
☐ D  
☐ U  
☐ A  
☐ SA

My drinking is a problem sometimes.

- ☐ SD  
☐ D  
☐ U  
☐ A  
☐ SA

I am actually changing my drinking habits right now (either cutting down or quitting).

- ☐ SD  
☐ D  
☐ U  
☐ A  
☐ SA

I have started to carry out a plan to cut down or quit drinking.

- ☐ SD  
☐ D  
☐ U  
☐ A  
☐ SA

There is nothing really need to change about my drinking.

- ☐ SD  
☐ D  
☐ U  
☐ A  
☐ SA

Sometimes I wonder if my drinking is out of control.

- ☐ SD  
☐ D  
☐ U  
☐ A  
☐ SA

I am actively working on my drinking problem.

- ☐ SD  
☐ D  
☐ U  
☐ A  
☐ SA

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

**Total PC:** \_\_\_\_\_ **Total C:** \_\_\_\_\_

**Total A:** \_\_\_\_\_