

Computation of a "Single Continuum Readiness to Change" Score
using the URICA



1. Obtain the average score per subscale using the following grid:

<u>Precontemplation</u> (PC)	<u>Contemplation</u> (C)	<u>Action</u> (A)	<u>Maintenance</u> (M)
1. _____	2. _____	3. _____	6. _____
5. _____	8. _____	7. _____	16. _____
11. _____	12. _____	10. _____	18. _____
13. _____	15. _____	14. _____	22. _____
23. _____	19. _____	17. _____	27. _____
26. _____	21. _____	25. _____	28. _____
29. _____	24. _____	30. _____	32. _____
TOTAL _____	TOTAL _____	TOTAL _____	TOTAL _____
÷ 7 = _____ (avg)	÷ 7 = _____ (avg)	÷ 7 = _____ (avg)	÷ 7 = _____ (avg)

2. Compute the "Readiness for Change" score via the following formula:

$$(\text{Avg C} + \text{Avg A} + \text{Avg M}) - \text{Avg PC}$$

3. Compare the Readiness for change score to the following group means. Choose the stage whose group average is closest to the computed Readiness Score:

STAGE	GROUP AVG
Precontemplation	9.3
Contemplation	11.0
Participation (Action)	12.6
Maintenance	(Not available)

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EXAMPLE

1. Obtain the average score per subscale using the following grid:

<u>Precontemplation</u> (PC)		<u>Contemplation</u> (C)		<u>Action</u> (A)		<u>Maintenance</u> (M)	
1.	2	2.	5	3.	5	6.	5
5.	1	8.	5	7.	5	16.	5
11.	1	12.	5	10.	4	18.	5
13.	1	15.	1	14.	4	22.	5
23.	1	19.	5	17.	4	27.	5
26.	1	21.	5	25.	5	28.	4
29.	1	24.	5	30.	5	32.	5
TOTAL	8	TOTAL	31	TOTAL	32	TOTAL	34
÷ 7 =	1.1 (avg)	÷ 7 =	4.4 (avg)	÷ 7 =	4.6 (avg)	÷ 7 =	4.9 (avg)

2. Compute the "Readiness for Change" score via the following formula:

$$(\text{Avg C} + \text{Avg A} + \text{Avg M}) - \text{Avg PC} = (4.4 + 4.6 + 4.9) - 1.1 = 12.8$$

3. Compare the Readiness for change score to the following group means. Choose the stage whose group average is closest to the computed Readiness Score:

12.8 is closest to the average for participation (action) group; thus, this consumer is probably very motivated for treatment at this time