

University of Rhode Island Change Assessment
(URICA) -Modified



NAME: _____

ID#: _____

DATE: _____

This 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 on the "PROBLEM" line below. In these questions, the word "here" refers to this program.

[Upon completion of this assessment, a ["Single Continuum Readiness to Change" score](#)] may be computed.

PROBLEM: _____

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

Circle the response that best describes how much you agree or disagree with each statement.

1. As far as I am concerned, I don't have any problem that needs changing.

- 1 2 3 4 5
Strongly Disagree Undecided Agree Strongly Agree
Disagree

2. I think I might be ready for some self-improvement.

- 1 2 3 4 5
Strongly Disagree Undecided Agree Strongly Agree
Disagree

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3. I am doing something about the problems that have been bothering me.

1 2 3 4 5
Strongly Disagree Undecided Agree Strongly Agree
Disagree

4. It might be worthwhile to work on my problem.

1 2 3 4 5
Strongly Disagree Undecided Agree Strongly Agree
Disagree

5. I am not the one with a problem. It doesn't make much sense for me to be here.

1 2 3 4 5
Strongly Disagree Undecided Agree Strongly Agree
Disagree

6. It worries me that I might slip back on a problem I have already changed, so I am here to seek help.

1 2 3 4 5
Strongly Disagree Undecided Agree Strongly Agree
Disagree

7. I am finally doing some work on my problem.

1 2 3 4 5
Strongly Disagree Undecided Agree Strongly Agree
Disagree

8. I've been thinking that I might want to change something about myself.

1 2 3 4 5
Strongly Disagree Undecided Agree Strongly Agree
Disagree

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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.

1 2 3 4 5
Strongly Disagree Undecided Agree Strongly Agree
Disagree

10. At times my problem is difficult, but I'm working on it.

1 2 3 4 5
Strongly Disagree Undecided Agree Strongly Agree
Disagree

11. Being here is pretty much of a waste of time for me because the problem doesn't have to do with me.

1 2 3 4 5
Strongly Disagree Undecided Agree Strongly Agree
Disagree

12. I'm hoping this place will help me to better understand myself.

1 2 3 4 5
Strongly Disagree Undecided Agree Strongly Agree
Disagree

13. I guess I have faults, but there is nothing that I really need to change.

1 2 3 4 5
Strongly Disagree Undecided Agree Strongly Agree
Disagree

14. I am really working hard to change.

1 2 3 4 5
Strongly Disagree Undecided Agree Strongly Agree
Disagree

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15. I have a problem and I really think I should work on it.

1 2 3 4 5
Strongly Disagree Undecided Agree Strongly Agree
Disagree

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.

1 2 3 4 5
Strongly Disagree Undecided Agree Strongly Agree
Disagree

17. Even though I'm not always successful in changing, I am at least working on my problem.

1 2 3 4 5
Strongly Disagree Undecided Agree Strongly Agree
Disagree

18. I thought once I had resolved the problem I would be free of it, but sometimes I still find myself struggling with it.

1 2 3 4 5
Strongly Disagree Undecided Agree Strongly Agree
Disagree

19. I wish I had more ideas on how to solve my problem.

1 2 3 4 5
Strongly Disagree Undecided Agree Strongly Agree
Disagree

20. I have started working on my problems, but I would like help.

1 2 3 4 5
Strongly Disagree Undecided Agree Strongly Agree
Disagree

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21. Maybe this place will be able to help me.

1 2 3 4 5
Strongly Disagree Undecided Agree Strongly Agree
Disagree

22. I may need a boost right now to help me maintain the changes I've already made.

1 2 3 4 5
Strongly Disagree Undecided Agree Strongly Agree
Disagree

23. I may be part of the problem, but I don't really think I am.

1 2 3 4 5
Strongly Disagree Undecided Agree Strongly Agree
Disagree

24. I hope that someone here will have some good advice for me.

1 2 3 4 5
Strongly Disagree Undecided Agree Strongly Agree
Disagree

25. Anyone can talk about changing; I'm actually doing something about it.

1 2 3 4 5
Strongly Disagree Undecided Agree Strongly Agree
Disagree

26. All this talk about psychology is boring. Why can't people just forget about their problems?

1 2 3 4 5
Strongly Disagree Undecided Agree Strongly Agree
Disagree

27. I'm here to prevent myself from having a relapse of my problem.

1 2 3 4 5
Strongly Disagree Undecided Agree Strongly Agree
Disagree

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

1 2 3 4 5
Strongly Disagree Undecided Agree Strongly Agree
Disagree

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

1 2 3 4 5
Strongly Disagree Undecided Agree Strongly Agree
Disagree

30. I am actively working on my problem.

1 2 3 4 5
Strongly Disagree Undecided Agree Strongly Agree
Disagree

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

1 2 3 4 5
Strongly Disagree Undecided Agree Strongly Agree
Disagree

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

1 2 3 4 5
Strongly Disagree Undecided Agree Strongly Agree
Disagree