Readiness To Change Questionnaire Treatment Version (RTCQ-TV)

**BRIEF DESCRIPTION**

The RTCQ-TV is a 15-item questionnaire, based on Prochaska and DiClemente's stages of change model, for assignment of excessive drinkers (i.e., harmful and hazardous drinkers) to Precontemplation, Contemplation, and Action stages. It complements the original RTCQ, which is intended for non-treatment seekers.

**TARGET POPULATION**

- Adults
- Adolescents

Groups for which this instrument might be especially helpful?

Individuals with alcohol problems being assessed for treatment needs

**ADMINISTRATIVE ISSUES**

- Number of items: 15
- Number of subscales: 3
- Format(s): 
  - Pencil-and-paper self-administered
  - Interview
  - Observation
  - Computer self-administered
  - Other
- Time required for administration: 2 to 3 minutes
- Administered by: Self
- Training required for administration? □ yes ☒ no
- Comments: User’s manual available

**SCORING**

- Time required to score/interpret: 1 minute
- Scored by: Administrator
- Computerized scoring or interpretation available? □ yes ☒ no
- Norms available? ☒ yes □ no
- Instrument normed on subgroups? ☒ yes □ no
- Which groups? Alcohol dependents and abusers in treatment at facilities in Scotland
**PSYCHOMETRICS**

- **Have reliability studies been done?**  yes  no
  - What measure(s) of reliability was used?
    - Test-retest (interrater only)
    - Split half
    - Internal consistency
  - **Have validity studies been done?**  yes  no
  - What measures of validity have been derived?
    - Content
    - Criterion (predictive, concurrent, "postdictive")
    - Construct

**CLINICAL UTILITY OF INSTRUMENT**

- For assessing motivation with regard to readiness to stop or control drinking.
- Could be used to indicate type of counseling approach.

**RESEARCH APPLICABILITY**

- Treatment outcome research

**SOURCE, COST AND COPYRIGHT ISSUES**

- **Copyright:**  yes  no
- **Cost:**  None
- Source:  Nick Heather, Ph.D.
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**SOURCE REFERENCE**


**SUPPORTING REFERENCE**

Heather, N., Luce, A., Peck, D., Dunbar, B. & James, I. (1999). The development of a treatment version of the Readiness to Change Questionnaire. Addiction Research, 7(1), 63-68. Evidence for this questionnaire derives from the fact that alcohol abusers had a higher number of family history-positive relatives than non-alcohol-abusing subjects.