Stages of Change Readiness and Treatment
Eagerness Scale (SOCRATES)

**BRIEF DESCRIPTION**
The SOCRATES is a 19-item, self-administered instrument designed to assess client motivation to change drinking-related behavior. It is made up of three scales: Problem Recognition, Ambivalence, and Taking Steps.

**TARGET POPULATION**
- Adults
- Adolescents

**ADMINISTRATIVE ISSUES**
- Number of items: 19
- Number of subscales: 3
- Format(s): Pencil-and-paper self-administered
- Time required for administration: 3 minutes
- Administered by: Self
- Training required for administration?: no

**SCORING**
- Time required to score/interpret: The three scales are scored separately. Each scale has items that are summed to derive the scale score: Problem Recognition (7 items), Ambivalence (4 items), Taking Steps (8 items).
- Computerized scoring or interpretation available?: no
- Norms available?: no
PSYCHOMETRICS

Have reliability studies been done? ☒ yes ☐ no

What measure(s) of reliability was used?

☒ Test-retest
☐ Split half
☒ Internal consistency

Have validity studies been done? ☒ yes ☐ no

What measures of validity have been derived?

☐ Content
☒ Criterion (predictive, concurrent, “postdictive”)
☒ Construct (predictive)

CLINICAL UTILITY OF INSTRUMENT

Client motivation for change is an important predictor of treatment compliance and eventual outcome. The SOCRATES can assist clinicians with information necessary for treatment planning.

RESEARCH APPLICABILITY

The SOCRATES has been found to be an important predictor of long-term alcohol treatment outcome. Work continues in the area of client-treatment matching strategies as well as identifying baseline correlates of client readiness to change.

SOURCE, COST AND COPYRIGHT ISSUES

Copyright: ☐ yes ☒ no

Cost: None
Source: William R. Miller, Ph.D.
Distinguished Professor of Psychology and Psychiatry
Department of Psychology
University of New Mexico
Albuquerque, NM 87131-1161

SOURCE REFERENCE


SUPPORTING REFERENCES
