

University of Rhode Island Change Assessment Scale (URICA)

BRIEF DESCRIPTION	<p>The URICA is a 32-item self-report measure that includes 4 subscales measuring the stages of change: Precontemplation, Contemplation, Action, and Maintenance. (There is also a 24-item version.) Responses are given on a 5-point Likert scale ranging from 1 (strong disagreement) to 5 (strong agreement). The subscales can be combined arithmetically ($C + A + M - PC$) to yield a second-order continuous Readiness to Change score that can be used to assess readiness to change at entrance to treatment.</p>
TARGET POPULATION	<p><input checked="" type="checkbox"/> Adults <input type="checkbox"/> Adolescents</p> <p>Groups for which this instrument might be especially helpful? The URICA could be used in treatment and research to assess clinical process and motivational readiness to change.</p>
ADMINISTRATIVE ISSUES	<p>Number of items: <i>32 or 24</i> Number of subscales: <i>Four 8-item subscales for 32-item version; four 6-item subscales for 24-item version</i></p> <p>Format(s): <input checked="" type="checkbox"/> Pencil-and-paper self-administered <input type="checkbox"/> Interview <input type="checkbox"/> Observation <input type="checkbox"/> Computer self-administered <input type="checkbox"/> Other</p> <p>Time required for administration: <i>5 to 10 minutes</i> Administered by: <i>Self</i> Training required for administration? <input type="checkbox"/> yes <input checked="" type="checkbox"/> no</p>
SCORING	<p>Time required to score/interpret: <i>5 to 10 minutes</i> Scored by: <i>Hand score by staff</i> Computerized scoring or interpretation available? <input type="checkbox"/> yes <input checked="" type="checkbox"/> no Norms available? <input checked="" type="checkbox"/> yes <input type="checkbox"/> no Instrument normed on subgroups? <input checked="" type="checkbox"/> yes <input type="checkbox"/> no Which groups? <i>An adult, outpatient alcoholism treatment population</i></p>

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

CLINICAL UTILITY OF INSTRUMENT

The URICA assesses motivation for change by providing scores on four stages of change: precontemplation, contemplation, action and maintenance. Cluster analyses yielded five stages profiles among adult outpatients entering alcoholism treatment: Precontemplation, Ambivalent, Participation, Uninvolved, and Contemplation. In addition, motivation for change may be assessed using a second-order factor called Readiness to Change that seems useful at pre-treatment. Clinicians may use the URICA to evaluate an individual's level of motivation for change and use this information to help guide treatment approaches. Subscales scores can be used to track shifts in attitudes related to the specific stages of change.

RESEARCH APPLICABILITY

The URICA could be used to measure process and outcome variables for a variety of health and addictive behaviors. Care must be used in evaluating clients in a pre-post design since relationships among subscales shift as individuals move into action and maintenance.

SOURCE, COST AND COPYRIGHT ISSUES

Copyright: yes no

Cost: *None*

Source: Carlo C. DiClemente, Ph.D.
Department of Psychology
University of Maryland
Baltimore County
1000 Hilltop Circle
Baltimore, MD 21250

SOURCE REFERENCE

DiClemente, C.C. & Hughes, S.O. (1990). Stages of change profiles in alcoholism treatment. *Journal of Substance Abuse, 2*, 217-235.

SUPPORTING REFERENCES

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Carney, M.M. & Kivlahan, D.R. (1995). Motivational subtypes among veteran seeking substance abuse treatment: Profiles based on stages of change. *Psychology of Addictive Behaviors, 9*, 135-142.