

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.
Centre for Alcohol & Drug Studies
Plummer Court
Carloliol Place
Newcastle upon Tyne NE1 6UR
United Kingdom

SOURCE 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.

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.*