

## 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  
 Interview  
 Observation  
 Computer self-administered  
 Other  
Time required for administration: 3 minutes  
Administered by: Self  
Training required for administration?  yes  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?  yes  no  
Norms available?  yes  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.

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SOURCE REFERENCE

Miller, W.R. & Tonigan, J.S. (1996). Assessing drinkers' motivation for change: The Stages of Change Readiness and Treatment Eagerness Scale (SOCRATES). *Psychology of Addictive Behaviors, 10*(2), 81-89.

SUPPORTING REFERENCES

Campbell, W.G. (1997). Evaluation of a residential program using the addiction severity index and stages of change. *Journal of Addictive Diseases, 16*(2), 27-39.

Isenhardt, C.E. (1997). Pretreatment readiness for change in male alcohol dependent subjects: Predictors of one-year follow-up status. *Journal of Studies on Alcohol, 58*(4), 351-357.