URICA

# University of Rhode Island Change Assessment Scale (URICA)

The URICA is a self-report questionnaire derived from the transtheoretical model of change, designed to assess a person's motivational stage regarding a psychological, addictive, or behavioral problem. It classically explores four dimensions (precontemplation, contemplation, action, and maintenance) to estimate readiness for change and to guide the clinical interview, the therapeutic alliance, and the choice of motivational interventions. Widely used in clinical psychology, addiction medicine, and research, this tool helps identify ambivalence, resistance to change, and engagement in the therapeutic process.

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|---|---|
| Number of questions | 32 questions |
| Estimated duration | 15 minutes |
| Language | English |
| Original name | University of Rhode Island Change Assessment Scale |
| Target audience | Adults |
| Authors | Eileen A. McConnaughy, James O. Prochaska, Wayne F. Velicer (1983) |
| Category | General |

## Preview of the 32 questions

As far as I'm concerned, I don't have any problems that need changing.

Strongly disagree | Disagree | Undecided | Agree | Strongly agree

I think I might be ready for some self-improvement.

Strongly disagree | Disagree | Undecided | Agree | Strongly agree

I am doing something about the problems that had been bothering me.

Strongly disagree | Disagree | Undecided | Agree | Strongly agree

It might be worthwhile to work on my problem.

Strongly disagree | Disagree | Undecided | Agree | Strongly agree

I'm not the problem one. It doesn't make much sense for me to be here.

Strongly disagree | Disagree | Undecided | Agree | Strongly agree

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## Scoring & interpretation

The 32 items are rated on a 5-point Likert scale, from 1 ("strongly disagree") to 5 ("strongly agree"). The items are grouped into 4 subscales of 8 items: precontemplation, contemplation, action, and maintenance. The sum or mean of each subscale is generally calculated, and a global readiness-to-change index can then be obtained with the formula: contemplation + action + maintenance - precontemplation. Interpretation relies on the profile of subscale scores and, depending on usage, on the dominant subscale; a high precontemplation score suggests low problem recognition, while high contemplation and action scores indicate greater motivation to change. The maintenance subscale often reflects the struggle against relapse rather than stable long-term maintenance.


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Basile R. - Clinical Psychologist