

FOR OFFICE USE ONLY

URICA Scoring For: Unknown Cindy 0

Precontemplation (PC)		Contemplation (C)		Action (A)		Maintenance (M)		
1	4	2	3	3	1	6	1	
5	5	4	Omit	7	2	9	Omit	
11	4	8	2	10	1	16	1	
13	4	12	2	14	2	18	2	
23	4	15	1	17	2	22	1	
26	4	19	2	20	Omit	27	1	
29	5	21	1	25	2	28	2	
31	OMIT	24	2	30	2	32	2	
TOTAL		30	TOTAL		13	TOTAL		10
AVERAGE		4.29	TOTAL		1.86	TOTAL		1.43

READINESS TO CHANGE SCORE: **0**

To obtain the Readiness to Change score, first sum items from each subscale and divide by 7 to get the mean for each subscale. Then sum the means from the Contemplation, Action, and Maintenance subscales and subtract the Precontemplation mean (C + A + M - PC = Readiness).

Compare the Readiness for change score to the following group means. Choose the stage whose group average is closest to the computed Readiness Score:

<u>Stage</u>	<u>Group Average</u>
Precontemplation	8 or lower
Contemplation	8-11
Preparation	11-14
Maintenance	14 and above

Source: University of Maryland, Health and Addictive Behaviors lab, http://www.umbc.edu/psyc/habits/content/ttm_measures/urica/readiness.html

Alcohol and Mairjuana score are the same