

FOR OFFICE USE ONLY

URICA Scoring For: Unknown Cindy 0

Precontemplation (PC)		Contemplation (C)		Action (A)		Maintenance (M)		
1	1	2	5	3	3	6	4	
5	1	4	Omit	7	5	9	Omit	
11	1	8	4	10	3	16	1	
13	2	12	4	14	3	18	1	
23	2	15	5	17	4	22	3	
26	2	19	4	20	Omit	27	4	
29	1	21	5	25	4	28	1	
31	OMIT	24	5	30	4	32	1	
TOTAL		10	TOTAL	32	TOTAL	26	TOTAL	15
AVERAGE		1.43	AVERAGE		4.57	AVERAGE		3.71
			AVERAGE		2.14			

READINESS TO CHANGE SCORE: **9**

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