Readiness to Change Questionnaire (RTCQ)

The RTCQ is a 12-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.

Target Population

Adults / Adolescents
Especially helpful for hazardous or harmful drinkers who are not seeking treatment.

Administrative Issues

12 items, 3 subscales
Pencil and paper self-administered
Time required: 2-3 minutes
No training required for administration

Scoring

Time required: 1 minute
Scored by administrator
Norms available
Normed on excessive drinkers identified in general medical practice at general hospital

Psychometrics

Reliability studies done:

- Test-retest (interrater only)
- Internal consistency

Measures of validity derived:

- Content
- Criterion (predictive, concurrent)
- Construct

Clinical Utility of Instrument

For assessing drinker's readiness to change drinking behaviors. Possibly for allocation of drinkers to different types of counseling.

Research Applicability

In research of brief, opportunistic intervention, especially matching studies.
Copyright, Cost, and Source Issues

Copyrighted
No cost
Source:
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Newcastle upon Tyne
NE1 6UR
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Source Reference


Supporting References


This questionnaire will be administered for every substance the patient reports using, and the questions will be tailored accordingly. Because a patient’s readiness to change may vary by type of substance (e.g., they are ready to quit marijuana but not ready to stop drinking, for example). Thus, a patient may have multiple stage of change assessments.

- Readiness to Change Questionnaire (RTCQ): The RTCQ is a 12-item questionnaire that measures the patient’s readiness to start to change or actual changes in current drinking habits.
  - One of three stages suggested:
    - Precontemplation – not considering making any changes
    - Contemplation – thinking about changes, may have started a few
    - Action – already actively making changes