

# Readiness to Change Questionnaire (RTCQ)

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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.

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## Target Population

Adults / Adolescents

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

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## Administrative Issues

12 items, 3 subscales

Pencil and paper self-administered

Time required: 2-3 minutes

No training required for administration

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## Scoring

Time required: 1 minute

Scored by administrator

Norms available

Normed on excessive drinkers identified in general medical practice at general hospital

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## Psychometrics

Reliability studies done:

- Test-retest (interrater only)
- Internal consistency

Measures of validity derived:

- Content
  - Criterion (predictive, concurrent)
  - Construct
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## Clinical Utility of Instrument

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

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## Research Applicability

In research of brief, opportunistic intervention, especially matching studies.

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## Copyright, Cost, and Source Issues

Copyrighted

No cost

Source:

Center for Alcohol and Drug Studies

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## Source Reference

Heather, N.; Gold, R.; and Rollnick, S. *Readiness to Change Questionnaire: User's Manual*. Technical Report 15. Kensington, Australia: National Drug and Alcohol Research Centre, University of New South Wales, 1991.

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## Supporting References

Rollnick, S.; Heather, N.; Gold, R.; and Hall, W. Development of a short "Readiness to Change" Questionnaire for use in brief opportunistic interventions. *Br J Addict* 87:743-754, 1992.

Heather, N.; Rollnick, S.; and Bell, A. Predictive validity of the Readiness to Change Questionnaire. *Addiction* 88:1667-1677, 1993.

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.

- o **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.
  - o One of three stages suggested:
    - o Precontemplation – not considering making any changes
    - o Contemplation – thinking about changes, may have started a few
    - o Action – already actively making changes