

Readiness to Change Questionnaire

(fill in the blank with the behavior)

	Strongly Disagree	Disagree	Unsure	Agree	Strongly Agree
1. My apt. is ok as it is	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. I am trying to collect less than I used to	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. I enjoy saving things but sometimes I collect too much	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. I should cut down on my collecting items	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. It's a waste of time thinking about my collecting items	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. I have just recently changed my collecting habits	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. Anyone can talk about wanting to Do something about collecting, but I am actually doing something about It	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. I am at the stage where I should think about collecting less	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9. My collecting is a problem	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10. It's alright for me to keep collecting as I do now	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
11. I am actually changing my collecting habits right now	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
12. My life would be the same, even if I collected less	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

How to score the Stage of Change questionnaire

- The pre-contemplation items are numbers 1, 5, 10 and 12
- The contemplation items are numbers 3, 4, 8, and 9
- The action 2, 6, 7, 11
- The highest score represents the Stage of Change Designation

Scoring legend:

<u># of points</u>	<u>Response</u>
-2	Strongly disagree
-1	Disagree
0	Unsure
+1	Agree
+2	Strongly Agree

Scale Scores:

Pre-contemplation _____

Contemplation _____

Action _____

The Highest Score represents the person's level of change

Appropriate response from helper depending on the person's stage of change

<u>Stage</u>	<u>Response from Helper</u>
Pre-contemplation	Leave brochure, information sheets, phone numbers, ask "How would you better off if you "collected" less
Contemplation	Write down pro's and cons of behavior, ask "How would you better off if you "collected" less
Action	Develop an action plan with the consumer immediately, follow up with the person