

URICA: University of Rhode Island Change Assessment

Please indicate the extent to which you tend to agree or disagree with each statement. In each case, make your choice in terms of how you feel right now, not what you have felt in the past or would like to feel. For all the statements, answer in terms of what you write on the "Habit/Study Problem" line below. There are FIVE possible responses to each of the items in the questionnaire:

Habit/Study Problem: _____

1 = Strongly Disagree 2 = Disagree 3 = Undecided 4 = Agree 5 = Strongly Agree

1.	As far as I'm concerned, I don't have any habits that need changing.	_____
2.	I think I might be ready for some self-improvement.	_____
3.	I am doing something about the problems/habits that had been bothering me.	_____
4.	It might be worthwhile to work on my problem.	_____
5.	I don't have a problem with organizing my time or studying. It doesn't make much sense for me to be here.	_____
6.	It worries me that I might slip back on a problem I have already changed, so I am here to seek help.	_____
7.	I am finally doing some work on my problem.	_____
8.	I've been thinking that I might want to change something about myself.	_____
9.	I have been successful in working on changing but I'm not sure I can keep up the effort on my own.	_____
10.	At times my problem is difficult, but I'm working on it.	_____
11.	Being here is pretty much a waste of time for me because the problem doesn't have to do with me.	_____
12.	I'm hoping talking about changing my study skills will help me to better understand myself.	_____
13.	I guess I have faults, but there's nothing that I really need to change.	_____
14.	I am really working hard to change.	_____
15.	I have a problem and I really think I should work at it.	_____
16.	I'm not following through with what I had already changed as well as I had hoped, and I'm here to prevent a relapse of the problem.	_____
17.	Even though I'm not always successful in changing, I am at least working on my problem.	_____
18.	I thought once I had resolved my problem I would be free of it, but sometimes I still find myself struggling with it.	_____
19.	I wish I had more ideas on how to solve the problem.	_____
20.	I have started working on my problems but I would like help.	_____
21.	Seeing a learning specialist may be a help to me.	_____
22.	I may need a boost right now to help me maintain the changes I've already made.	_____
23.	I may be part of the problem, but I don't really think I am.	_____
24.	I hope that someone here will have some good advice for me.	_____
25.	Anyone can talk about changing; I'm actually doing something about it.	_____
26.	All this talk about learning styles and how to study in medical school is boring.	_____
27.	I'm here to prevent myself from having a relapse of my problem.	_____
28.	It is frustrating, but I feel I might be having a recurrence of a problem I thought I had resolved.	_____
29.	I have worries/bad habits but so does the next guy. Why spend time thinking about them?	_____
30.	I am actively working on my problem.	_____
31.	I would rather keep doing what I am doing than try to change them.	_____
32.	After all I had done to try to change my problem, every now and again it comes back to haunt me.	_____
Precontemplation items		1, 5, 11, 13, 23, 26, 29, 31
Contemplation items		2, 4, 8, 12, 15, 19, 21, 24
Action items		3, 7, 10, 14, 17, 20, 25, 30
Maintenance items		6, 9, 16, 18, 22, 27, 28, 32