

NAME: URICA Example

DATE: Jan 15 2018

DOB: Jan 18 1975

URICA SURVEY RESULTS

Client's overall Readiness to Change score of 2.8 indicates a current stage of Pre contemplation.

Client was directed to take this survey as part of the Intake process.

Client's answers and average score for each subscale that was used to compute this overall result can be found below.

READINESS TO CHANGE SUBSCALES

Pre-Contemplation: 4.4

#	Statement	Response
1	As far as I'm concerned, I don't have any problems that need changing.	Agree
5	I'm not the problem one. It doesn't make much sense for me to be here.	Strongly Agree
11	Being here is pretty much a waste of time for me because the problem doesn't have to do with me.	Strongly Agree
13	I guess I have faults, but there's nothing that I really need to change.	Agree
23	I may be part of the problem, but I don't really think I am.	Agree
26	All this talk about psychology is boring. Why can't people just forget about their problems?	Strongly Agree
29	I have worries but so does the next guy. Why spend time thinking about them?	Agree

Contemplation: 2.0

#	Statement	Response
2	I think I might be ready for some self-improvement.	Disagree
8	I've been thinking that I might want to change something about myself.	Disagree
12	I'm hoping this place will help me to better understand myself.	Undecided or Unsure
15	I have a problem and I really think I should work at it.	Disagree
19	I wish I had more ideas on how to solve the problem.	Disagree
21	Maybe this place will be able to help me.	Strongly Disagree
24	I hope that someone here will have some good advice for me.	Disagree

Preparation (Action) 2.3

#	Statement	Response
3	I am doing something about the problems that had been bothering me.	Disagree
7	I am finally doing some work on my problem.	Disagree
10	At times my problem is difficult, but I'm working on it.	Disagree
14	I am really working hard to change.	Undecided or Unsure
17	Even though I'm not always successful in changing, I am at least working on my problem.	Disagree
25	Anyone can talk about changing; I'm actually doing something about it.	Disagree
30	I am actively working on my problem.	Undecided or Unsure

Maintenance 2.9

#	Statement	Response
6	It worries me that I might slip back on a problem I have already changed, so I am here to seek help.	Undecided or Unsure
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.	Undecided or Unsure
18	I thought once I had resolved my problem I would be free of it, but sometimes I still find myself struggling with it.	Agree
22	I may need a boost right now to help me maintain the changes I've already made.	Disagree
27	I'm here to prevent myself from having a relapse of my problem.	Undecided or Unsure
28	It is frustrating, but I feel I might be having a recurrence of a problem I thought I had resolved.	Disagree
32	After all I had done to try to change my problem, every now and again it comes back to haunt me.	Undecided or Unsure