Information about The Change Questionnaire

The Change Questionnaire was developed as a brief screening measure of motivation for change, using common dimensions of natural language. It was developed in 2005 at the University of New Mexico by Drs. William R. Miller, Theresa B. Moyers, and Paul Amrhein from the Department of Psychology. The original citation is:

Miller, W. R., & Johnson, W. R. (2008). A natural language screening measure for motivation to change. *Addictive Behaviors 33* (2008) 1177–1182.

Here is the abstract:

Client motivation for change, a topic of high interest to addiction clinicians, is multidimensional and complex, and many different approaches to measurement have been tried. The current effort drew on psycholinguistic research on natural language that is used by clients to describe their own motivation. Seven addiction treatment sites participated in the development of a simple scale to measure client motivation. Twelve items were drafted to represent six potential dimensions of motivation for change that occur in natural discourse. The maximum self-rating of motivation (10 on a 0–10 scale) was the median score on all items, and 43% of respondents rated 10 on all 12 items — a substantial ceiling effect. From 1035 responses, three factors emerged representing importance, ability, and commitment — constructs that are also reflected in several theoretical models of motivation. A 3-item version of the scale, with one marker item for each of these constructs, accounted for 81% of variance in the full scale. The three items are: 1. It is important for me to . . . 2. I could . . . and 3. I amtrying to . . . This offers a quick (1-minute) assessment of clients' self-reported motivation for change.

In its generic form (below), the change to be considered is written on a line at the top of the page. The questionnaire can also be modified to specify a particular change. An example is provided, focusing on abstinence from alcohol.

The Change Questionnaire can be used as a predictor in longitudinal research. Two examples:

Gaume, J., Bertholet, N., Daeppen, J. B., & Gmel, G. (2013). The Change Questionnaire predicts change in hazardous tobacco and alcohol use. *Addictive Behaviors*, in press, available online 20 July 2013.

Westra, H. A. (2011). Comparing the predictive capacity of observed in-session resistance to self-reported motivation in cognitive behavioral therapy. *Behaviour Research and Therapy, 49*(2), 106-113.

Change Questionnaire Version 1.2

What is the change that you are considering?   Write it here: to _____

Now answer each of the following questions about this change that you are considering. Wherever you see the words "make this change," think of the change that you have written above, and then circle the one number that best describes where you are right now.

For example, if you had written "get a job" on the line above, then for item 1 (I **want** to make this change) you would indicate how much you want to get a job.

1. I **want** to make this change.	0 1 2 3 4 5 6 7 8 9 10 Definitely Not Probably Not Maybe Probably Definitely
2. I **could** make this change.	0 1 2 3 4 5 6 7 8 9 10 Definitely Not Probably Not Maybe Probably Definitely
3. There are **good reasons** for me to make this change.	0 1 2 3 4 5 6 7 8 9 10 Definitely Not Probably Not Maybe Probably Definitely
4. I **have** to make this change.	0 1 2 3 4 5 6 7 8 9 10 Definitely Not Probably Not Maybe Probably Definitely
5. I **intend** to make this change.	0 1 2 3 4 5 6 7 8 9 10 Definitely Not Probably Not Maybe Probably Definitely
6. I am **trying** to make this change.	0 1 2 3 4 5 6 7 8 9 10 Definitely Not Probably Not Maybe Probably Definitely

7. I *hope* to make this change.	0 Definitely Not	1	2 Probably Not	3	4	5 Maybe	6	7 Probably	8	9	10 Definitely
8. I *can* make this change.	0 Definitely Not	1	2 Probably Not	3	4	5 Maybe	6	7 Probably	8	9	10 Definitely
9. It is *important* for me to make this change.	0 Definitely Not	1	2 Probably Not	3	4	5 Maybe	6	7 Probably	8	9	10 Definitely
10. I *need* to make this change.	0 Definitely Not	1	2 Probably Not	3	4	5 Maybe	6	7 Probably	8	9	10 Definitely
11. I am *going* to make this change.	0 Definitely Not	1	2 Probably Not	3	4	5 Maybe	6	7 Probably	8	9	10 Definitely
12. I am *doing things* to make this change.	0 Definitely Not	1	2 Probably Not	3	4	5 Maybe	6	7 Probably	8	9	10 Definitely

Change Questionnaire (Alcohol)

Please answer each of the following questions about your current views about abstinence (stopping and staying away from drinking).

1. I *want* to abstain from drinking.	0 1 2 3 4 5 6 7 8 9 10 Definitely Not Probably Not Maybe Probably Definitely
2. I *could* abstain from alcohol.	0 1 2 3 4 5 6 7 8 9 10 Definitely Not Probably Not Maybe Probably Definitely
3. There are *good reasons* for me to abstain from drinking.	0 1 2 3 4 5 6 7 8 9 10 Definitely Not Probably Not Maybe Probably Definitely
4. I *have* to abstain from alcohol.	0 1 2 3 4 5 6 7 8 9 10 Definitely Not Probably Not Maybe Probably Definitely
5. I *intend* to abstain from alcohol.	0 1 2 3 4 5 6 7 8 9 10 Definitely Not Probably Not Maybe Probably Definitely
6. I am *trying* to abstain from alcohol.	0 1 2 3 4 5 6 7 8 9 10 Definitely Not Probably Not Maybe Probably Definitely

7. I *hope* to remain abstinent.	0 1 2 3 4 5 6 7 8 9 10 Definitely Not Probably Not Maybe Probably Definitely
8. I *can* abstain from drinking.	0 1 2 3 4 5 6 7 8 9 10 Definitely Not Probably Not Maybe Probably Definitely
9. It is *important* for me to abstain from drinking.	0 1 2 3 4 5 6 7 8 9 10 Definitely Not Probably Not Maybe Probably Definitely
10. I *need* to abstain from alcohol.	0 1 2 3 4 5 6 7 8 9 10 Definitely Not Probably Not Maybe Probably Definitely
11. I am *going* to abstain from drinking.	0 1 2 3 4 5 6 7 8 9 10 Definitely Not Probably Not Maybe Probably Definitely
12. I am *doing things* to keep from drinking.	0 1 2 3 4 5 6 7 8 9 10 Definitely Not Probably Not Maybe Probably Definitely