



Assessment Report

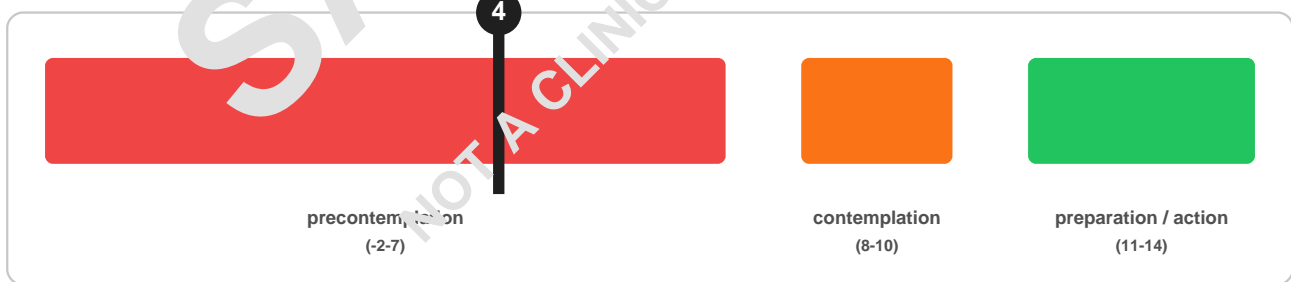
Practice: Mindful Psychology
Practitioner: Dr Sarah Johnson
Client: Alex Carter
Date: 26/04/2026

EXAMPLE REPORT — Prepared by a practitioner inside Grounded Scribe. Fictional data; not a clinical result.

URICA — University of Rhode Island Change Assessment

A 32-item measure of readiness to change across four stages: precontemplation, contemplation, action, and maintenance.

RESULTS



INTERPRETATION

Current score: 4, precontemplation, as per the URICA author/publisher guidelines.

ABOUT THIS ASSESSMENT

Clinical Purpose

The University of Rhode Island Change Assessment (URICA) is a 32-item self-report measure that assesses readiness to change across four stages: precontemplation, contemplation, action, and maintenance. Based on the Transtheoretical Model of behaviour change, it helps clinicians identify a client's motivational stage and tailor interventions accordingly — a core principle of motivational interviewing.

Origins & Development

Developed by Carlo DiClemente and James Prochaska at the University of Rhode Island, based on their Stages of Change model first published in 1982. The URICA operationalises this model as a measurable construct. Validated across addiction, mental health, and health behaviour change contexts. The Transtheoretical Model has been one of the most influential frameworks in health psychology and addiction treatment.

Australian Context

Widely used in Australian alcohol and drug treatment services, including services funded under the National Drug Strategy. The stages of change framework underpins motivational interviewing training required for Australian Drug and Alcohol Nurses and counsellors. It is referenced in the Australian National Guidelines for Medication-Assisted Treatment of Opioid Dependence.

Subscales

Precontemplation: Not yet considering change. The person may not recognise the problem or may be resistant to the idea that change is needed.

Contemplation: Aware of the problem and considering change but ambivalent. Weighing the costs and benefits of changing behaviour.

Action: Actively engaged in making changes. Taking concrete steps to modify behaviour, environment, or experiences.

Maintenance: Sustaining behaviour change over time. Working to prevent relapse and consolidate gains made during the action stage.

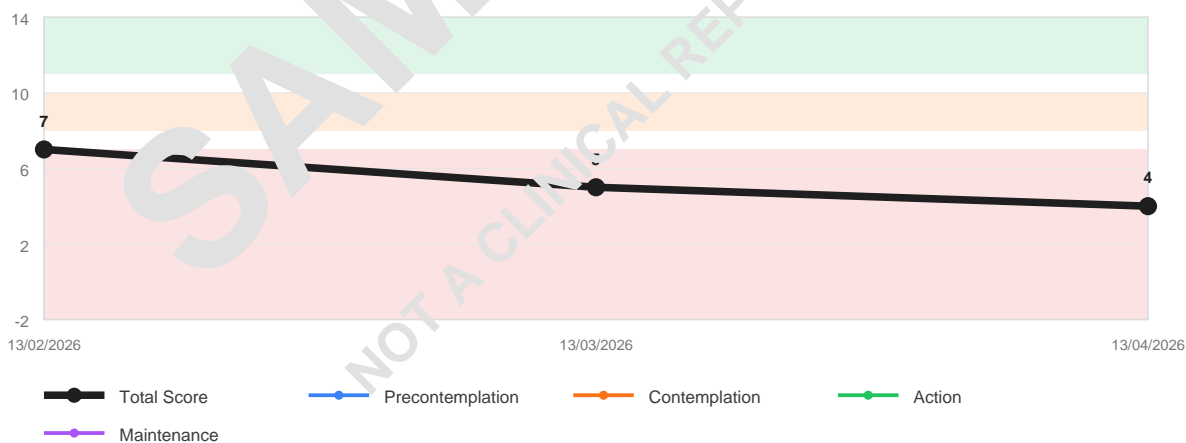


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SCORE HISTORY

Date	Score	Severity
13/02/2026	7	precontemplation
13/03/2026	5	precontemplation
13/04/2026	4	precontemplation

SCORE TRAJECTORY



RESPONSE DETAILS

#	Statement	Strongly disagree	Disagree	Undecided	Agree	Strongly agree
1	As far as I'm concerned, I don't have any problems that need changing	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
2	I think I might be ready for some self-improvement	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3	I am doing something about the problems that had been bothering me	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
4	It might be worthwhile to work on my problem	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
5	I'm not the problem one. It doesn't make much sense for me to be here	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
6	It worries me that I might slip back on a problem I have already changed, so I am here to seek help	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
7	I am finally doing some work on my problem	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
8	I've been thinking that I might want to change something about myself	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
9	I have been successful in working on my problem but I'm not sure I can keep up the effort on my own	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
10	At times my problem is difficult, but I'm working on it	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
11	Being here is pretty much a waste of time for me because the problem doesn't have to do with me	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>



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#	Statement	Strongly disagree	Disagree	Undecided	Agree	Strongly agree
12	I'm hoping this place will help me to better understand myself	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
13	I guess I have faults, but there's nothing that I really need to change	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
14	I am really working hard to change	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
15	I have a problem and I really think I should work a	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
16	I'm not following through with what I had all the time I've changed as well as I had hoped, and I'm here to prevent a relapse of the problem	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
17	Even though I'm not always successful in changing, I am at least working on my problem	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
18	I thought once I had resolved my problem I would be free of it, but sometimes I still find myself struggling with it	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
19	I wish I had more information on how to solve the problem	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
20	I have started working on my problems but I would like help	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
21	Maybe this place will be able to help me	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
22	I may need a boost right now to help me maintain the changes I've already made	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
23	I may be part of the problem, but I don't really think I am	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
24	I hope that someone here will have some good advice for me	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
25	Anyone can talk about changing; I'm actually doing something about it	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
26	All this talk about psychology is boring. Why can't people just forget about their problems?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
27	I'm here to prevent myself from having a relapse of my problem	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
28	It is frustrating, but I feel I might be having a recurrence of a problem I thought I had resolved	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
29	I have worries but so does the next guy. Why spend time thinking about them?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
30	I am actively working on my problem	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
31	I would rather cope with my faults than try to change them	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
32	After all I have done to try and change my problem, every now and again it comes back to haunt me	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>

Grounded Scribe Platform

Item-level response details, score tracking over time, RCI analysis, and outcome reports are available when assessments are administered through the platform.

REFERENCES

1. McConaughy EA, Prochaska JO, Velicer WF. Stages of change in psychotherapy: measurement and sample profiles. *Psychotherapy: Theory, Research and Practice*. 1983;20(3):368-375.



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2. McConaughy EA, DiClemente CC, Prochaska JO, Velicer WF. Stages of change in psychotherapy: a follow-up report. *Psychotherapy*. 1989;26(4):494-503.

ACKNOWLEDGEMENT & LICENSING

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SAMPLE
NOT A CLINICAL REPORT