

Stages of Change Readiness and Treatment Eagerness Scale (SOCRATES)

Patient Information

Name: _____ Age: _____

Gender: _____ Date of Assessment: _____

Substance/Behavior of Concern: _____

Instructions:

Please read each statement carefully and indicate your agreement or disagreement based on your feelings and thoughts. Use the following scale to rate each statement:

1 = Strongly Disagree

2 = Disagree

3 = Unsure

4 = Agree

5 = Strongly Agree

Recognition (R):

	Rating
1. I have a serious problem with my substance/behavior.	_____ / 5
2. I think I might need to make some changes in my substance/behavior.	_____ / 5
3. I know that my substance/behavior is causing problems in my life	_____ / 5

Ambivalence (A):

	Rating
1. I'm unsure if I want to change my substance/behavior	_____ / 5
2. Part of me wants to change my substance/behavior, but part of me doesn't.	_____ / 5
3. I feel stuck between wanting to change my substance/behavior and not wanting to	_____ / 5

Taking Steps (TS):

	Rating
1. I believe I can make changes in my substance/behavior.	_____ / 5
2. I have a plan for how I can change my substance/behavior	_____ / 5
3. I have a plan for how I can change my substance/behavior	_____ / 5

Scoring:

Calculate the sum of your responses for each subscale (R, A, TS). Higher scores indicate greater readiness for change in that area.

Recognition (R) =

Ambivalence (A) =

Taking Steps (TS) =

Interpretation:

High Recognition: Acknowledgment of the need for change.

High Ambivalence: Mixed feelings about changing.

High-Taking Steps: Confidence and belief in making changes.

Note to Patient:

Note to Professionals: