



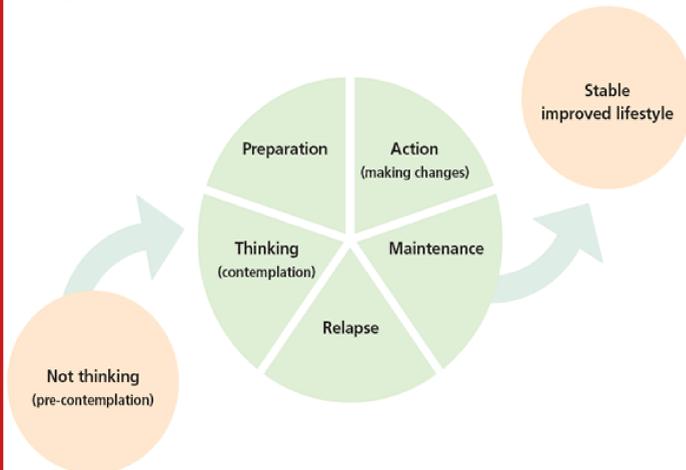
Exploring the Utility of a Single-item Measure of the Readiness Ruler in Brief Interventions: Can We Determine Stage of Change?

Alexandra Duncan, Joanna Akin, & Gabriel Kuperminc

Introduction

- Motivational interviewing (MI) is a brief intervention that incites movement across stages of change (Miller and Rollnick, 2002).

Stages of Change



- In MI, a measure of readiness to change (RTC) is commonly used to allocate patients to stage of change and predict their outcomes.

- The 12-item Readiness to Change Questionnaire (RTCQ) is well validated, but a recently developed single-item RTC measure, the Readiness Ruler, is a more favorable option in healthcare settings.

- There is little evidence that the Readiness Ruler is comparable to the RTCQ in its ability to allocate patients to SOC.

Purpose & Hypothesis

- This study explores the utility of the Readiness Ruler in BIs by comparing average RTC scores of patients qualitatively identified as precontemplative to patients in more advanced stages of change.

- The precontemplative group is expected to score lower on the Readiness Ruler than the advanced stage of change group.

Method

Participants

- The sample under examination was derived from a large sample from a multisite brief intervention program in an emergency department setting.
- Patients who had health educator notes from their MI session (n= 301) were qualitatively identified into a stage of change classification. All patients that could not be classified with confidence were omitted from the analyses, leaving a final sample of n = 188.

Data Analysis

- A t-test was computed to compare the mean RTC score for precontemplative and advanced stage of change groups.
- Pearson's r was computed to determine the correlation between the two variables.

Measures and Variables

Stage of Change (Independent Variable)

- In this study, stage of change was treated as a dichotomous variable, isolating the precontemplative stage from more advanced stages of change (contemplative, preparation, and action).

RTC (Dependent Variable)

- Single-item, self-report measure
- Question: On a scale of 0-10, how READY would you say you are to STOP use altogether?

Discussion

Conclusions

- Aligning with the researcher's expectations, the t-test indicates a difference in RTC scores between groups, with the precontemplative group scoring significantly lower than the advanced stage of change group.
- Still, there is substantial variability in the scores for each group, suggesting the measure may not capture stage of change with strong accuracy for all patients.

Limitations

- Due to the nature of the HE notes, the researcher was only able to identify the precontemplative stage of change with confidence. Possible differences in RTC for other stages of change were unavailable for examination.

Future Directions

- Future research should further explore the Readiness Ruler's ability to predict patient outcomes in BI.
- An ideal study would measure the concurrent validity of the RR with the RTCQ.

References

Miller, W. R., & Rollnick, S. (2002). *Motivational interviewing: Preparing people for change*. Guilford press.

Results

Descriptive Statistics

		Pre-contemplative	Advanced
Mean	Alcohol	3.733	7.59
	Drugs	3.45	7.77
Std Dev.	Alcohol	4.09	3.49
	Drugs	3.71	3.48

T-statistic

	Alcohol	Drugs
t	-6.31	-6.38
df	159	126
Significance (2-tailed)	<.001	<.001
Std. error difference	.611	.678

Pearson Correlation

	Alcohol	Drugs
Correlation Coefficient	.448	.494
Significance (2-tailed)	<.001	<.001
N	161	128

RTC Score by Stage of Change and Substance Type

