



## INTERNALIZING TOOLS

### Stages of Change Readiness and Treatment Eagerness Scale (SOCRATES)

The questionnaire given on the next page will help the counsellor assess the motivation level of the client/patient.

#### SOCRATES Scoring Form

Transfer the client's answers from questionnaire (see note below).

Recognition	Ambivalence	Taking Steps
1 .....	2 .....	4.....
3 .....	6 .....	5 .....
7 .....	11 .....	8 .....
10 .....	16 .....	9 .....
12 .....		13 .....
15 .....		14 .....
17 .....		18 .....
		19 .....
Total : Re : .....	Am : .....	Ts: .....
Range : 7-35	4-20	8-40

#### SOCRATES Profile Sheet

**Instructions:** From the SOCRATES scoring form transfer the total scale scores into the empty boxes at the bottom of the profile sheet. Then for each scale, circle the same value above it to determine the docile range.

Docile Scores	Recognition	Ambivalence	Taking Steps
90 (Very High)		19-20	39-40
80		18	37-38
70 (High)	35	17	36
60	34	16	34-35
50 (Medium)	32-33	15	33
40	31	14	31-32
30 (Low)	29-30	12-13	30
20	27-28	9-11	26-29
10 (Very Low)	7-26	4-8	8-25
RAW SCORES (from Scoring Form)	Re=	Am=	Ts=

**Instructions for the Client:** Please read the following statements carefully. Each one describes a way that you might (or might not) feel about your drug use. For each statement, circle one number from 1 to 5, to indicate how much you agree or disagree with it right now. Please circle one and only one number for every statement.

	No! Strongly Disagree	No! Disagree	Un- decided or Unsure	Yes Agree	Yes Strongly Agree
1) I really want to make changes in my use of drugs.	1	2	3	4	5
2) Sometimes I wonder if I am an addict.	1	2	3	4	5
3) If I don't change my drug use soon, my problems are going to get worse.	1	2	3	4	5
4) I have already started making some changes in my use of drugs.	1	2	3	4	5
5) I was using drugs too much at one time, but I've managed to change that.	1	2	3	4	5
6) Sometimes I wonder if my drug use is hurting other people.	1	2	3	4	5
7) I have a drug problem.	1	2	3	4	5
8) I'm not just thinking about changing my drug use, I'm already doing something about it.	1	2	3	4	5
9) I have already changed my drug use, and I am looking for ways to keep from slipping back to my old pattern.	1	2	3	4	5
10) I have serious problems with drugs.	1	2	3	4	5
11) Sometimes I wonder if I am in control of my drug use.	1	2	3	4	5
12) My drug use is causing a lot of harm.	1	2	3	4	5
13) I am actively doing things now to cut down or stop my use of drugs.	1	2	3	4	5
14) I want help to keep from going back to the drug problems that I had before.	1	2	3	4	5
15) I know that I have a drug problem.	1	2	3	4	5
16) There are times when I wonder if I use drugs too much.	1	2	3	4	5
17) I am a drug addict.	1	2	3	4	5
18) I am working hard to change my drug use.	1	2	3	4	5
19) I have made some changes in my drug use, and I want some help to keep from going back to the way I used before.	1	2	3	4	5

## **Guidelines for Interpretation of SOCRATES**

Using the SOCRATES Profile Sheet, circle the client's raw score within each of the three scale columns. This provides information as to whether the client's scores are low, average, or high relating to people already seeking treatment for drug problems. The following are provided as general guidelines for interpretation of scores, but it is wise in an individual case to also examine individual item responses for additional information.

### **Recognition**

*High scorers* directly acknowledge that they are having problems related to their drug use, tending to express a desire for change and to perceive that harm will continue if they do not change.

*Low scorers* deny that drug use is causing them serious problems, reject diagnostic labels such as "problem drinker" and "addict" and do not express a desire for change.

### **Ambivalence**

*High scorers* say that they sometimes wonder if they are in control of their drug use, are abusing drugs too much, are hurting other people, and/or are addicts. Thus a high score reflects ambivalence or uncertainty. A high score here reflects some openness to reflection, as might be particularly expected in the contemplation stage of change.

*Low scorers* say that they do not wonder whether they abuse drugs, are in control, are hurting others or are addicts. Note that a person may score low on ambivalence either because he "knows" his drug abuse is causing problems (high Recognition), or because he "knows" that he does not have a problem with drugs (low Recognition). Thus a low Ambivalence score should be interpreted in relation to the Recognition score.

### **Taking Steps**

*High scorers* report that they are already doing things to make a positive change in their drug use and may have experienced some success in this regard. Change is under way, and they may want help to persist or to prevent backsliding. A high score on this scale has been found to be predictive of successful change.

*Low scorers* report that they are not currently doing things to change their drug use and have not made such changes recently.

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