

University of Rhode Island Change Assessment (URICA) Youth Version

What is your name?

First Name

Last Name

Date of test

MM DD YYYY
 / /

Type of test

Pre test Mid Test Post Test

This questionnaire is to help us improve services. Each statement describes how a person might feel when starting a parenting group or approaching problems in their lives. Please indicate the extent to which you tend to agree or disagree with each statement. In each case, make your choice in terms of how you feel right now, not what you have felt in the past or would like to feel. For all the statements that refer to your "problem," answer in terms of difficulties that you are currently having or are experiencing with your parent or parents.

There are FIVE possible responses to each of the items in the questionnaire. Select only one response for each question.

	Strongly Disagree	Disagree	Undecided	Agree	Strongly Agree
1. As far as I'm concerned, I don't have any problems that I personally need to change.	<input type="checkbox"/>				
2. I think I might be ready for some self-improvement.	<input type="checkbox"/>				
3. I am doing something about problems that have been bothering me with my parent(s).	<input type="checkbox"/>				
4. It might be worthwhile to work on my own personal problems.	<input type="checkbox"/>				
5. I'm not the problem. It doesn't make much sense for me to be here.	<input type="checkbox"/>				
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="checkbox"/>				
7. I am doing some work on my problem with my parent(s).	<input type="checkbox"/>				
8. I've been thinking that I might want to change something about myself personally.	<input type="checkbox"/>				

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	Strongly Disagree	Disagree	Undecided	Agree	Strongly Agree
9. I have been successful in working on my problems with my parent(s) but I'm not sure I can keep up the effort on my own.	<input type="radio"/>				
10. At times my problems with my parents(s) are difficult, but I'm currently working on it.	<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"/>				
12. I'm hoping these classes will help me to better understand myself.	<input type="radio"/>				
13. I guess I have faults, but there's nothing that I really need to change.	<input type="radio"/>				
14. I am really working hard to change.	<input type="radio"/>				
15. I have a problem with my parent(s) and I really think I should work at it.	<input type="radio"/>				
16. I'm not following through with my end of the bargain as well as I had hoped, and I'm here to prevent the problem from happening again.	<input type="radio"/>				
17. Even though I'm not always successful in changing, I am at least working on my problems.	<input type="radio"/>				
18. I thought once I had resolved my problems with my parent(s) I would be free of it, but sometimes I still find myself struggling with it.	<input type="radio"/>				
19. I wish I had more ideas on how to solve the problem with my parent(s).	<input type="radio"/>				
20. I have started working on my problems with my parent(s), but I would like more help.	<input type="radio"/>				
21. Maybe these classes will be able to help me.	<input type="radio"/>				
22. I may need a boost right now to help me maintain the changes I've already made with my parent(s).	<input type="radio"/>				
23. I may be part of the problem with my parent(s), but I don't really think I am.	<input type="radio"/>				

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	Strongly Disagree	Disagree	Undecided	Agree	Strongly Agree
24. I hope that someone here will have some good advice for me.	<input type="radio"/>				
25. Anyone can talk about changing; I'm actually doing something about it.	<input type="radio"/>				
26. All this talk about counseling is boring. Why can't people just forget about their problems?	<input type="radio"/>				
27. I'm here to prevent myself from having a relapse of my problem with my parent(s).	<input type="radio"/>				
28. It is frustrating, but I feel I might be having a recurrence of a problem with my parent(s) that I thought I had resolved.	<input type="radio"/>				
29. I have worries but so does the next guy. Why spend time thinking about them?	<input type="radio"/>				
30. I am actively working on my problem with my parent(s).	<input type="radio"/>				
31. I would rather cope with my own faults than try to change them.	<input type="radio"/>				
32. After all I had done to try to change my problem with my parent(s), every now and again it comes back to haunt me.	<input type="radio"/>				