**Optional Readiness to Change Assessment for Medication Adherence**

 **Patient Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

 **MCC ID# \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

 **Date (mm/dd/yyyy): \_\_ \_\_/\_\_ \_\_/\_\_ \_\_ \_\_ \_\_**

**Instructions:**

This optional readiness to change assessment can be used to assess if a patient is ready to adhere to HIV medication. This topic is preliminarily covered on the *MCC Assessment*, but this form assesses patients’ readiness to change their adherence behaviors. This assessment should be completed if the patient: (1) states on the *MCC Assessment* that they have taken HIV medication in the past but are not currently taking HIV medication now, or (2) the NAV feels that adherence to HIV medication is a potential barrier to them accessing medical care. Both English and Spanish versions of this assessment are provided.

**ENGLISH VERSION**

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| **Readiness to Change Scale (read all statements):** |
| **A.1 Please tell me if you strongly agree, disagree, are unsure, agree or strongly agree with the following statements about HIV medicines?** | **Strongly Disagree** | **Dis-agree** | **Unsure** | **Agree** | **Strongly Agree** |
| 1. The way I take my HIV medicine is okay as it is | -2 | -1 | 0 | +1 | +2 |
| 2. I am trying to take my HIV medicine more often than I used to  | -2 | -1 | 0 | +1 | +2 |
| 3. I sometimes forget to take my HIV medicine  | -2 | -1 | 0 | +1 | +2 |
| 4. I should take my HIV medicine more often  | -2 | -1 | 0 | +1 | +2 |
| 5. It’s a waste of time to think about taking my HIV medicine | -2 | -1 | 0 | +1 | +2 |
| 6. I have just started taking my HIV medicine more often  | -2 | -1 | 0 | +1 | +2 |
| 7. Anyone can talk about wanting to be better about taking their HIV medicine, but I am actually trying to be better about taking it | -2 | -1 | 0 | +1 | +2 |
| 8. I should think about ways to make sure I take my HIV medicine  | -2 | -1 | 0 | +1 | +2 |
| 9. Not taking my HIV medicine is a problem | -2 | -1 | 0 | +1 | +2 |
| 10. It is okay for me to not take my HIV medicine as I do now  | -2 | -1 | 0 | +1 | +2 |
| 11. I am actually changing the way I take my HIV medicine right now  | -2 | -1 | 0 | +1 | +2 |
| 12. My life would still be the same, even if I took my HIV medicine all the time | -2 | -1 | 0 | +1 | +2 |
| **Scoring Instructions (Readiness Scale):** Strongly Disagree= -2; Disagree= -1; Unsure= 0; Agree= +1; Strongly Agree= +2 |
| Use the following method to score each stage. The stage with the **highest** score is the clients’ overall stage of change. Please Note: * If one answer is missing for an item then multiply the sum of the other three by 1.33 for the final score
* if two answers are missing the questionnaire is **invalid** and can’t be scored
* If there is a tie then the farthest stage is the correct stage of change (e.g., choose contemplation over pre-contemplation)

**Pre-Contemplative questions: (Q1=\_\_\_\_) + (Q5=\_\_\_\_) + (Q10=\_\_\_\_) + (Q12=\_\_\_\_) = Final Score: \_\_\_\_\_\_\_****Contemplative questions: (Q3=\_\_\_\_) + (Q4=\_\_\_\_) + (Q8=\_\_\_\_) + (Q9=\_\_\_\_) = Final Score: \_\_\_\_\_\_\_** **Ready for Action/Preparation questions: (Q2=\_\_\_\_) + (Q6=\_\_\_\_) + (Q7=\_\_\_\_) + (Q11=\_\_\_\_) = Final Score: \_\_\_\_\_\_\_** |
| **A.1 Indicate the stage with the highest score below based on the above scoring method:**⬜ Pre-Contemplative ⬜ Contemplative ⬜ Ready for Action/Preparation |

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**SPANISH VERSION**

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| --- | --- | --- | --- | --- | --- |
| **Gradiante de esta listo para cambiar (lea todas las frases):** |  |  |  |  |  |
| **A.1 ¿Por favor digame si Usted está fuertemente en desacuerdo, en desacuerdo, no esta seguro, esta de acuerdo o esta fuerte de acuerdo con las siguientes frases acerca medicinas del VIH ?** | **Fuerte desacuerdo** | **Desacuerdo** | **No estoy seguro** | **Acuerdo** | **Fuerte acuerdo** |
| 1. La manera como tomo mis medicinas esta bien asi como es | -2 | -1 | 0 | +1 | +2 |
| 2. Estoy tratando de de beber/usar drogas menos de lo acostumbrado  | -2 | -1 | 0 | +1 | +2 |
| 3. Olvido en ocasiones tomar mis medicamentos para el VIH  | -2 | -1 | 0 | +1 | +2 |
| 4. Debo de tomar mis medicinas para el VIH mas a menudo  | -2 | -1 | 0 | +1 | +2 |
| 5. Es una perdida de tiempo pensar acerca de tomar mis medicinas para el VIH | -2 | -1 | 0 | +1 | +2 |
| 6. Acabo de empezar a tomar mis medicinas mas a menudo  | -2 | -1 | 0 | +1 | +2 |
| 7. Cualquiera puede decir que quiere mejorar el tomar las medicinas para el VIH, pero de hecho estoy haciendo todo lo posible para mejorar la toma | -2 | -1 | 0 | +1 | +2 |
| 8. Debo de pensar en maneras de asegurarme de tomar mis medicinas del VIH  | -2 | -1 | 0 | +1 | +2 |
| 9. El no tomar medicinas para el VIH es un problema | -2 | -1 | 0 | +1 | +2 |
| 10. Esta bien para mi no tomar mis medicinas del VIH como pasa ahora  | -2 | -1 | 0 | +1 | +2 |
| 11. De hecho estoy cambiando la manera de como tomo mis medicinas ahora  | -2 | -1 | 0 | +1 | +2 |
| 12. Mi vida sería la misma, aunque tomara mi medicina todo el tiempo | -2 | -1 | 0 | +1 | +2 |
| **Instrucciones de puntaje (Gradiente de estar listo):** Fuerte desacuerdo = -2; Desacuerdo= -1; No estoy seguro= 0; Acuerdo= +1; Fuerteacuerdo = +2 |
| Use el siguiente metodo para calificar cada estadio. El estadio con el puntaje mas alto es el promedio del estadio cambio en el que se encuentra el paciente. Por favor note que: * Si una de las respuestas no esta anotada para algunas de las preguntas, entonses multiplique la suma de las otras tres por 1.33 para el puntaje final.
* Si dos de las respuestas no estan anotadas el cuestionario no es valido y no puede ser calificado.
* Si hay algun empate, seleccione el estadio mas lejano en el spectrum (p.e., elija contemplación en vez de pre-contemplación)

**Preguntas estadio pre-contemplación: (Q1=\_\_\_\_) + (Q5=\_\_\_\_) + (Q10=\_\_\_\_) + (Q12=\_\_\_\_) = Final Score: \_\_\_\_\_\_\_****Preguntas estadio contemplación: (Q3=\_\_\_\_) + (Q4=\_\_\_\_) + (Q8=\_\_\_\_) + (Q9=\_\_\_\_) = Final Score: \_\_\_\_\_\_\_** **Preguntas estadio listo para actuar/preparación: (Q2=\_\_\_\_) + (Q6=\_\_\_\_) + (Q7=\_\_\_\_) + (Q11=\_\_\_\_) = Final Score: \_\_\_\_\_\_\_** |
| **A.1 Marque el estadio debajo de la calificación mas alta basada en el metodo de puntaje arriba mencionado:**⬜ Pre-Contemplativo ⬜ Contemplativo ⬜ Listo para actuar/Preparación |