# APPENDIX P: READINESS TO ENGAGE IN HIV CARE TOOL

**English Version**

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| **Patient Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ CIS#\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date:\_\_ \_\_/\_\_ \_\_/\_\_ \_\_ \_\_ \_\_** |
| **I. Please tell me if you strongly agree, disagree, are unsure, agree or strongly agree with the following statements?** | **Strongly Disagree** | **Dis-agree** | **Unsure** | **Agree** | **Strongly Agree** |
| 1. I keep all my doctor appointments | -2 | -1 | 0 | +1 | +2 |
| 2. I am trying to miss my doctor appointments less often than I used to  | -2 | -1 | 0 | +1 | +2 |
| 3. I sometimes miss my doctor appointments  | -2 | -1 | 0 | +1 | +2 |
| 4. I should not miss any of my doctor appointments  | -2 | -1 | 0 | +1 | +2 |
| 5. It’s a waste of time to think about going to my doctor appointments | -2 | -1 | 0 | +1 | +2 |
| 6. I have just recently made changes to help me keep my doctor appointments | -2 | -1 | 0 | +1 | +2 |
| 7. Anyone can talk about wanting to be better about going to their doctor appointments, but I am actually trying to be better  | -2 | -1 | 0 | +1 | +2 |
| 8. I should think more about going to my doctor appointments | -2 | -1 | 0 | +1 | +2 |
| 9. Missing my doctor appointments is a problem | -2 | -1 | 0 | +1 | +2 |
| 10. It is okay for me to keep missing my doctor appointments as I do now  | -2 | -1 | 0 | +1 | +2 |
| 11. I am actually changing the way I keep my doctor appointments right now  | -2 | -1 | 0 | +1 | +2 |
| 12. My life would still be the same even if I went to all of my doctor appointments | -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, select the farthest stage along the continuum (i.e., 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: \_\_\_\_\_\_\_** |
|  **Check the stage below with the highest score based on the scoring method above:**⬜ Pre-Contemplative ⬜ Contemplative ⬜ Ready for Action/Preparation |