

## ASSESSING READINESS FOR COUPLE THERAPY: THE STAGES OF RELATIONSHIP CHANGE QUESTIONNAIRE

Kay Bradford  
Utah State University

*Client readiness for change is garnering increased interest both conceptually and methodologically. This article describes the reliability, validity, and utility of a measure of readiness for couple relationship change, Schneider's (2003) Stages of Relationship Change Questionnaire (SRCQ). Based on the Transtheoretical Model of Change, the instrument measures change along nine domains of marital functioning. Results indicate that this one-factor instrument may reliably measure readiness for change and discriminate between various stages of change. Most in this sample ( $n = 406$ ) were in early stages of change, with men more often in the stage of precontemplation and women more often in contemplation. The SRCQ can be completed and scored in under 10 min. Clinical use and research implications are discussed.*

### Overview and Purpose

Clinical interest in the notion of client readiness to change is growing (e.g., Burrow-Sanchez & Lundberg, 2006; Cordova et al., 2005; Schneider, 2003). Despite important developments in models of couple interventions (e.g., Gurman & Jacobson, 2002), relatively little attention is given to clients' readiness to engage in change. The primary purpose of this study was to report on the reliability, validity, and utility of Schneider's (2003) Stages of Relationship Change Questionnaire, or SRCQ (originally "Readiness for Marital Change Questionnaire, Part 2"; Schneider, 2003). This instrument is a brief nine-item questionnaire that measures readiness for change in couples' relationships based on the Transtheoretical Model of Intentional Behavior Change (Prochaska & DiClemente, 1983)—referred to here as the TTM. The SRCQ measures readiness for relationship change using the nine subscale categories of the Marital Satisfaction Inventory-Revised (Snyder, 1997).

This instrument has at least three potential clinical uses: (a) it allows therapists to assess clients' readiness for intervention, (b) the instrument helps measure whether two partners' stages of change differ or are the same, and (c) it may guide therapists in selecting interventions that are matched with clients' stage(s) of change. There is ample evidence that therapeutic and educational interventions are effective in improving general marital and family functioning (e.g., Shadish & Baldwin, 2003). Moreover, there is mounting evidence that interventions are more effective when matched appropriately with type and intensity of problem (Chambless, 1999; Sprenkle, 2002), and that tailoring therapy to stage of change enhances therapy outcomes (Prochaska & Norcross, 2001). An important first step toward such clinical specificity is the measurement of clients' readiness for change. It is also important to note the Transtheoretical Model assumes that change is desirable. The TTM was conceived primarily to describe process (i.e., how change occurs) rather than assessment (what needs to be changed) or outcome (what changed and to what extent).

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Kay Bradford, PhD, Family, Consumer, & Human Development, Utah State University. At the time of the study, Dr. Bradford was at the University of Kentucky.

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Address correspondence to Kay Bradford, Utah State University, 2705 Old Main Hill, Logan, Utah 84322; E-mail: k.bradford@usu.edu

# Readiness And Change In Couple Therapy

**PT Brinkman**



## **Readiness And Change In Couple Therapy:**

## Adopting the Song of Expression: An Psychological Symphony within **Readiness And Change In Couple Therapy**

In some sort of consumed by displays and the ceaseless chatter of quick connection, the melodic splendor and emotional symphony produced by the written word usually fade in to the backdrop, eclipsed by the constant sound and disruptions that permeate our lives. Nevertheless, nestled within the pages of **Readiness And Change In Couple Therapy** a stunning literary treasure overflowing with raw feelings, lies an immersive symphony waiting to be embraced. Constructed by an elegant composer of language, this interesting masterpiece conducts visitors on a psychological trip, skillfully unraveling the concealed melodies and profound affect resonating within each carefully crafted phrase. Within the depths with this emotional analysis, we can discover the book is key harmonies, analyze its enthralling publishing model, and surrender ourselves to the profound resonance that echoes in the depths of readers souls.

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