

**COSIG Co-Occurring Clinical Competency**  
**Module 5: Stages of Change**  
**Post-Test**

Name: \_\_\_\_\_ Date: \_\_\_\_\_

1. An individual's willingness to engage with the clinician is sure sign of willingness to change.
  - a. True
  - b. False
  
2. Which of the following is not a "stage" of change in the Prochaska & DiClemente model?
  - a. Maintenance
  - b. Pre-contemplation
  - c. Ambivalence
  - d. Preparation
  
3. Which of the following is not a task of Pre-contemplation?
  - a. Develop rapport
  - b. Elicit goals/vision of the future
  - c. Validate individual's freedom to change or not
  - d. Develop a worksheet on a simple plan to change
  
4. The Decisional Balance Scale is a useful tool when the client is in the Contemplation Stage.
  - a. True
  - b. False
  
5. You should assume that clients always enter treatment in the Pre-contemplation Stage.
  - a. True
  - b. False
  
6. Examining option of not changing is a legitimate strategy in the Preparation/Determination Stage.
  - a. True
  - b. False
  
7. Recommended strategies during the Maintenance Stage include:
  - a. Support groups
  - b. Developing plans to address vulnerabilities
  - c. Revisiting reasons to change
  - d. All of the above
  
8. Relapse is an opportunity to reframe and build lessons learned.
  - a. True
  - b. False