

COSIG Co-Occurring Clinical Competency
Module 5: Stages of Change
Pre-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 the 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