

### **Contemplation Ladder (BDF)**

The Contemplation Ladder (BDF) is an adapted version of the original Contemplation Ladder. Any publications concerning or using this scale should bear the full citation. The following articles should be cited as the source of the scale:

Biener, L., & Abrams, D. B. (1991). The Contemplation Ladder: Validation of a measure of readiness to consider smoking cessation. *Health Psychology, 10*(5), 360-365.

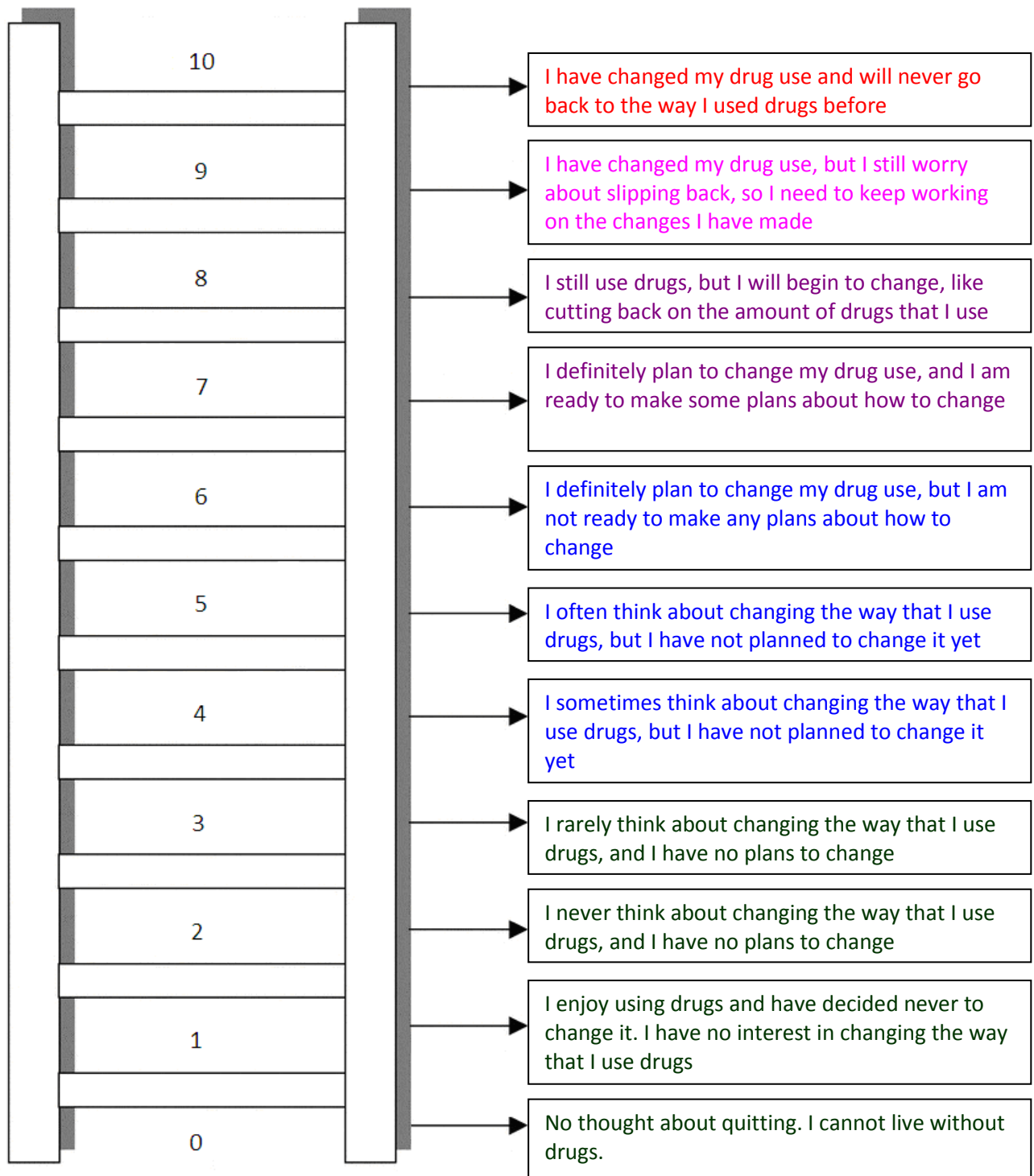
Slavet, J. D., Stein, L. A. R., Colby, S. M., Barnett, N. P., Monti, P. M., Golembeske, C., & Lebeau-Craven, R. (2006). The marijuana ladder: Measuring motivation to change marijuana use in incarcerated adolescents. *Drug and Alcohol Dependence, 83*(1), 42-48. doi:10.1016/j.drugalcdep.2005.10.007

**(Project Name / Activity Name)**  
**Pre-activity Evaluation Questionnaire**

Participant no.: \_\_\_\_\_

**Contemplation Ladder (BDF)**

Each rung of this ladder shows where various drug users are in thinking about changing their drug use. Select the number that best matches where you are now.



Gender: 1  Male      2  Female

Age: \_\_\_\_\_ years old

Have you joined any of the following activities: (select all that apply)

- 1  *Please list other activities in the programme*    2  *Please list other activities in the programme*  
3  *Please list other activities in the programme*    4  *Please list other activities in the programme*  
5  *Please list other activities in the programme*    6  *Please list other activities in the programme*

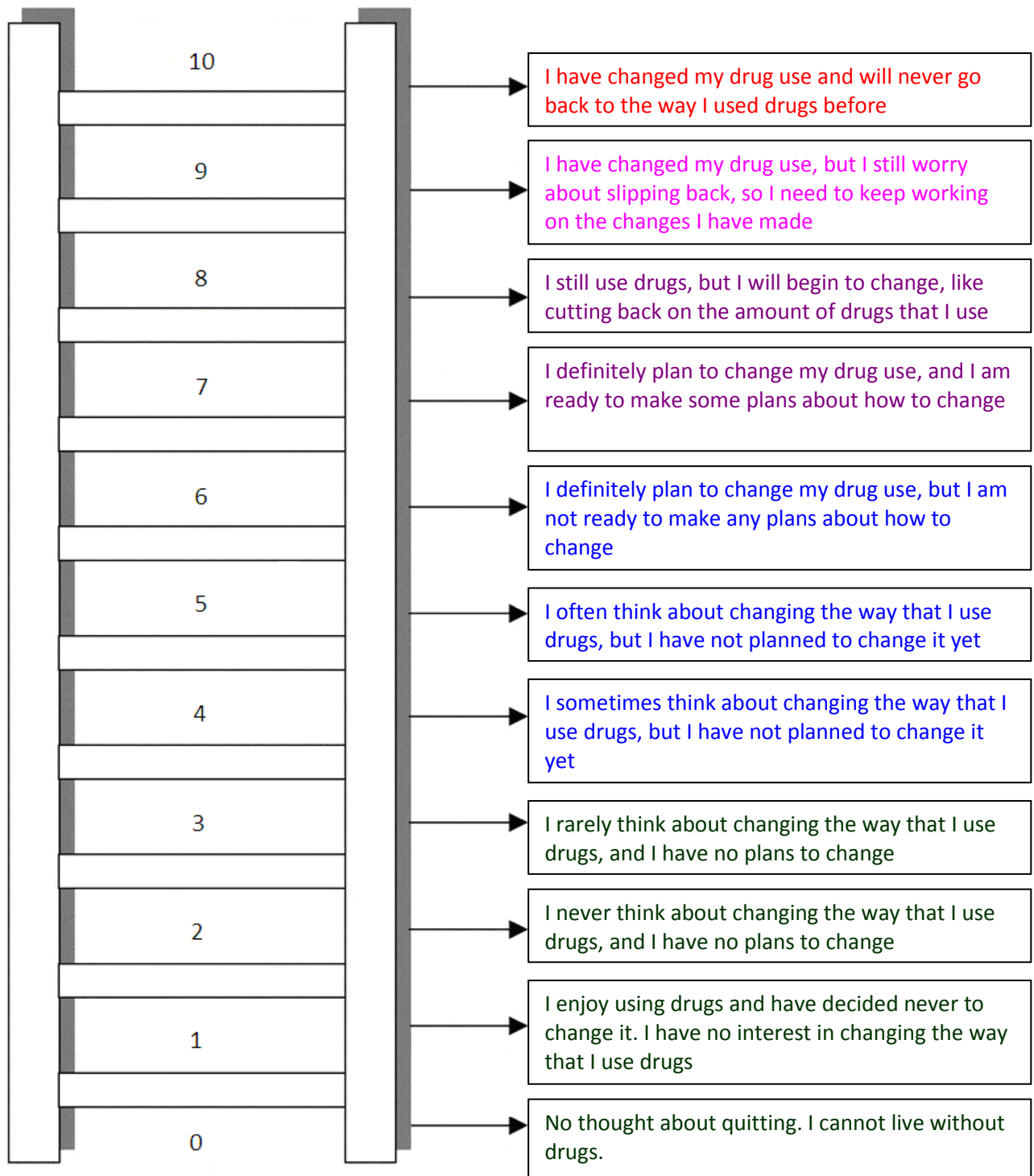
~ Thank you ~

**(Project Name / Activity Name)**  
**Post-activity Evaluation Questionnaire**

Participant no.: \_\_\_\_\_

**Contemplation Ladder (BDF)**

Each rung of this ladder shows where various drug users are in thinking about changing their drug use. Select the number that best matches where you are now.



Gender: 1  Male      2  Female

Age: \_\_\_\_\_ years old

Have you joined any of the following activities: (select all that apply)

- 1  *Please list other activities in the programme*    2  *Please list other activities in the programme*  
3  *Please list other activities in the programme*    4  *Please list other activities in the programme*  
5  *Please list other activities in the programme*    6  *Please list other activities in the programme*

~ Thank you ~

## **Information Note on Evaluation Question Set No. 13 Contemplation Ladder (BDF)**

The Contemplation Ladder is a visual analog comprised of 11 rungs and 5 anchor statements (item 0, 2, 5, 8, 10), representing stages of change. The response options (0) to (3) corresponded with the stage of precontemplation, (4) to (6) represented the stage of contemplation, (7) and (8) referred to the stage of preparation, (9) and (10) represented the stage of action and stage of maintenance respectively. It is a brief measure of motivation or readiness to change, where (0) is the least motivated and (10) is the most motivated.

### ***Stages of change***

#### **Stage 1: Precontemplation (not ready)**

The individual is not contemplating changing any of their drug use behaviours, and may be unaware of the need to change. This stage is often also identified with continuing denial that a problem exists at all.

#### **Stage 2: Contemplation (getting ready)**

The individual is beginning to aware that change is necessary and desirable without any actions to do so yet. The ambivalence about changing can cause one to keep putting off taking action.

#### **Stage 3: Preparation (ready)**

The individual is deciding to commit to make changes and ready to start taking action in the near future, taking small steps towards a healthier life.

#### **Stage 4: Action**

It is where the change in the behaviour actually begins to occur instead of simply talking about doing so. The individual needs to work hard to keep moving ahead, to learn how to strengthen the commitment to change, and to fight urges to slip back.

#### **Stage 5: Maintenance**

It is at this stage that the change initiated in the action stage continues. The individual has made specific overt modifications in lifestyle and is working to prevent relapse particularly under stressful situations.