

Decisional Balance

Reference (see below)	Population Studied	Behavior Version	Version Length	Reliability Cronbach's Alphas
Velicer, et. al (1985)	N=960	Smoking	20 item	Pros (.87) Cons (.90)
Ward, et. al (2004)	N=4144	Smoking	20 item	Pros (.56-.67) Cons (.51-.61)
Project DELTA, unpublished	N=497	Reduced Drinking	10 item	Pros (.76) Cons (.76)
Carey, et. al (2001)	N=84	Alcohol	20 item	Pros (.84) Cons (.86)
Prochaska, et. al (1994)	N=156	Drug	20 item	Pros (.86) Cons (.87)
Prochaska, et. al (1994)	N=123	Weight	20 item	Pros (.91) Cons (.84)

Velicer, W.F., DiClemente, C.C., and Prochaska, J.O. (1985). Decisional balance measure for assessing and predicting smoking status. *Journal of Personality and Social Psychology*, 48, 1279-1289

Ward, R.M., Velicer, W.F., and Rossi, J.S. (2004). Factorial invariance and internal consistency for the decisional balance inventory – short form. *Addictive Behaviors*, 29, 953-958.

Carey, K.B., Maisto, S.A., Carey, M.P., and Purnine, D.M. (2001). Measuring readiness to change substance misuse among psychiatric outpatients: Reliability and validity of self-report measures. *Journal of Studies on Alcohol*, 62, 79-88.

Prochaska, J.O., Velicer, W.F., Rossi, J.S., Goldstein, M.G., Marcus, B.H., Rakowski, W., Fiore, C., Harlow, L.L., Redding, C.A., Rosenbloom, D., and Rossi, S.R. (1994). Stages of change and decisional balance for 12 problem behaviors. *Health Psychology*, 13, 39-46.