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Lam Assessment on Stages of Employment Readiness

This questionnaire is to help us better understand your needs. Please indicate the level of agreement you have with each statement. In each case, make your choice in terms of how you feel right now, not how you have felt in the past or would like to feel.

		Strongly Disagree	Disagree	Undecided	Agree	Strongly Agree
1.	I think I <i>might</i> be ready to return to work.					
2.	I am <i>doing</i> something to get ready to return to work.					
3.	It <i>might be</i> worthwhile to work on returning to work.					
4.	I am <i>not able</i> to work. I do not see why I have to be here.					
5.	I am finally <i>doing something</i> about returning to work.					
6.	I have <i>been thinking</i> that it might be time for me to return to work.					
7.	Getting myself ready to return to work is pretty much a waste of time because I can't work anyway.					
8.	I guess being out of work is not good, but there is <i>nothing I can do</i> about it right now.					
9.	I know I need to return to work and really <i>think I should</i> work on doing it.					
10.	People tell me that I should return to work, but I don't think so.					
11.	Anyone can talk about wanting to return to work, but I am <i>actually doing</i> something about it.					
12.	All this talk about work is boring. Why can't people just leave me alone?					
13.	I am <i>actively doing</i> something to return to work.					
14.	It's pretty much a waste of time getting ready to return to work because I really don't want to work.					

Adapted from: C.S. Lam et al. (2010). Assessing readiness to work from a stages of change perspective: Implications for return to work. WORK (37): 321-329.