Additional Resources

Transtheoretical Model of Change (TTM)
“Stages of Change”

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Stages of Change

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Stage	Description	Verbal Cue	Appropriate Intervention	Sample Dialogue
Pre-contemplation	• Unaware of problem • Never thought about it • No interest in change	"I'm not really interested, it's not a problem."	• Offer facts • Provide information about risks of not changing and benefits of change. • Roll with resistance • Explore results of past attempts • Explore pros and cons	"What would have to happen for you to know this is a problem?" "What warning signs would let you know this is a problem?"
Contemplation	• Aware of problem, beginning to think about change • Interested but not ready • Afraid to take action • Don't know how to change	"I know I need to change but with all that's going on in my life right now, I'm not sure that I can."	• Explore self-efficacy & expectations of what the change would entail • Help resolve ambivalence by weighing pros and cons, discuss barriers . • Increase confidence by pointing about abilities.	"Lets look at the benefits of weight loss as well as what you may need to change."
Preparation	• Realizes benefits of making changes and thinking about how to change • Taking steps to prepare for change, gathering information (talking to others)	"I have to change and I'm planning to do that."	• Offer menu of options for change • Help identify pros and cons of various options • Help set specific goals and steps for member to reach goals. • Identify and plan for barriers • Help enlist social support	"Lets take a closer look at how you can reduce some of the calories you eat and how to increase your activity during the day."
Action	• Has made overt change • Actively taking steps towards change • 6 Months or less • High-risk for relapse	"I'm doing my best. This is harder than I thought."	• Support realistic view of change through small steps • Help identify high-risk situations & develop coping strategies • Help find new positive reinforcements • Provide specific tips and techniques to help meet goal. Provide training and continue to encourage social support.	"It's terrific that you're working so hard. What are some of the problems you've had so far?"
Maintenance	• Has maintained behavior change for more than 6 months • Achieving positive outcomes • Still at risk for relapse	"I've learned a lot through this process."	• Discuss possible roadblocks and solutions. Relapse Control. • Help identify alternative behaviors (other sources of pleasure) • Maintain supportive contact • Work to set new short- & long-term goals	"What situations tempt to you to overeat? What can be helpful for the next time you are in that situation?"
Relapse	Return to old behavior.	"I messed up."	• Frame as learning opportunity, they are not a failure. • Explain SOC, emphasize progress made and encourage re-commitment to goal. • Explore possible antecedents • Maintain supportive contact	"We all have setbacks. Lets look at how you can do things differently next time."

Additional Reading & Reference

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https://www.prochange.com/transtheoretical-model-of-behavior-change

For a comprehensive listing of publications by James Prochaska:

https://scholar.google.com/scholar?hl=en&q=James+O.+Prochaska&as_sdt=0%2C5&as_ylo=&as_vis=0

For a comprehensive listing of publications by Carlo DiClemente:

https://scholar.google.com/scholar?hl=en&as_sdt=0%2C24&q=carlo+diclemente&btnG=&oq=carlo+di

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