

## Appendix D: Stages of Change Model

### Prochaska and DiClemente's Stages of Change Model

Stage of Change	Characteristics	Goal	Techniques
Pre-contemplation	<ul style="list-style-type: none"> <li>Unaware or unwilling to change.</li> <li>Not thinking of making a change in the next 6 months.</li> </ul>	<ul style="list-style-type: none"> <li>To help the client think seriously about making a change.</li> </ul>	<ul style="list-style-type: none"> <li>Validate lack of readiness.</li> <li>Clarify: decision is theirs.</li> <li>Encourage re-evaluation of current behaviour.</li> <li>Encourage self-exploration, not action.</li> <li>Explain and personalize the risk.</li> </ul>
Contemplation	<ul style="list-style-type: none"> <li>Ambivalent about change: "Sitting on the fence."</li> <li>Thinking about making a change within 6 months.</li> </ul>	<ul style="list-style-type: none"> <li>To help client move towards a decision to change behaviour.</li> <li>To help client feel more confident.</li> </ul>	<ul style="list-style-type: none"> <li>Validate lack of readiness.</li> <li>Clarify: decision is theirs.</li> <li>Encourage evaluation of pros and cons of behaviour change.</li> <li>Identify and promote new, positive outcome expectations.</li> </ul>
Preparation	<ul style="list-style-type: none"> <li>Some experience with change and are trying to change: "Testing the waters."</li> <li>Planning to act within 1 month.</li> <li>Have set a date to start behaviour change.</li> <li>Have made a 24 hour attempt to change in the last 12 months.</li> </ul>	<ul style="list-style-type: none"> <li>To help client prepare for and anticipate positively a "start date."</li> </ul>	<ul style="list-style-type: none"> <li>Identify and assist in problem solving re: obstacles.</li> <li>Help client identify social support.</li> <li>Verify that client has underlying skills for behaviour change.</li> <li>Encourage small initial steps.</li> </ul>
Action	<ul style="list-style-type: none"> <li>Practicing new behaviour within the past 6 months and are actively applying skills for behaviour change.</li> </ul>	<ul style="list-style-type: none"> <li>To help client maintain behaviour change and recover from relapses.</li> </ul>	<ul style="list-style-type: none"> <li>Focus on restructuring cues and social support.</li> <li>Bolster self-efficacy for dealing with obstacles.</li> <li>Combat feelings of loss and reiterate long-term benefits.</li> </ul>
Maintenance	<ul style="list-style-type: none"> <li>Continued commitment to sustaining new behaviour, and integrating this behaviour into daily routine.</li> <li>Post-6 months.</li> </ul>	<ul style="list-style-type: none"> <li>To help client sustain new behaviour for a lifetime.</li> </ul>	<ul style="list-style-type: none"> <li>Plan for follow-up support.</li> <li>Reinforce internal rewards.</li> <li>Discuss coping with relapse.</li> </ul>
Relapse	<ul style="list-style-type: none"> <li>Resumption of old behaviours.</li> <li>A normal event in the process of making behaviour change.</li> </ul>	<ul style="list-style-type: none"> <li>To help client recognize that each attempt offers new opportunities to learn new skills and techniques to help them be successful in their next attempt.</li> </ul>	<ul style="list-style-type: none"> <li>Evaluate trigger for relapse.</li> <li>Reassess motivation and barriers.</li> <li>Plan stronger coping strategies.</li> </ul>

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