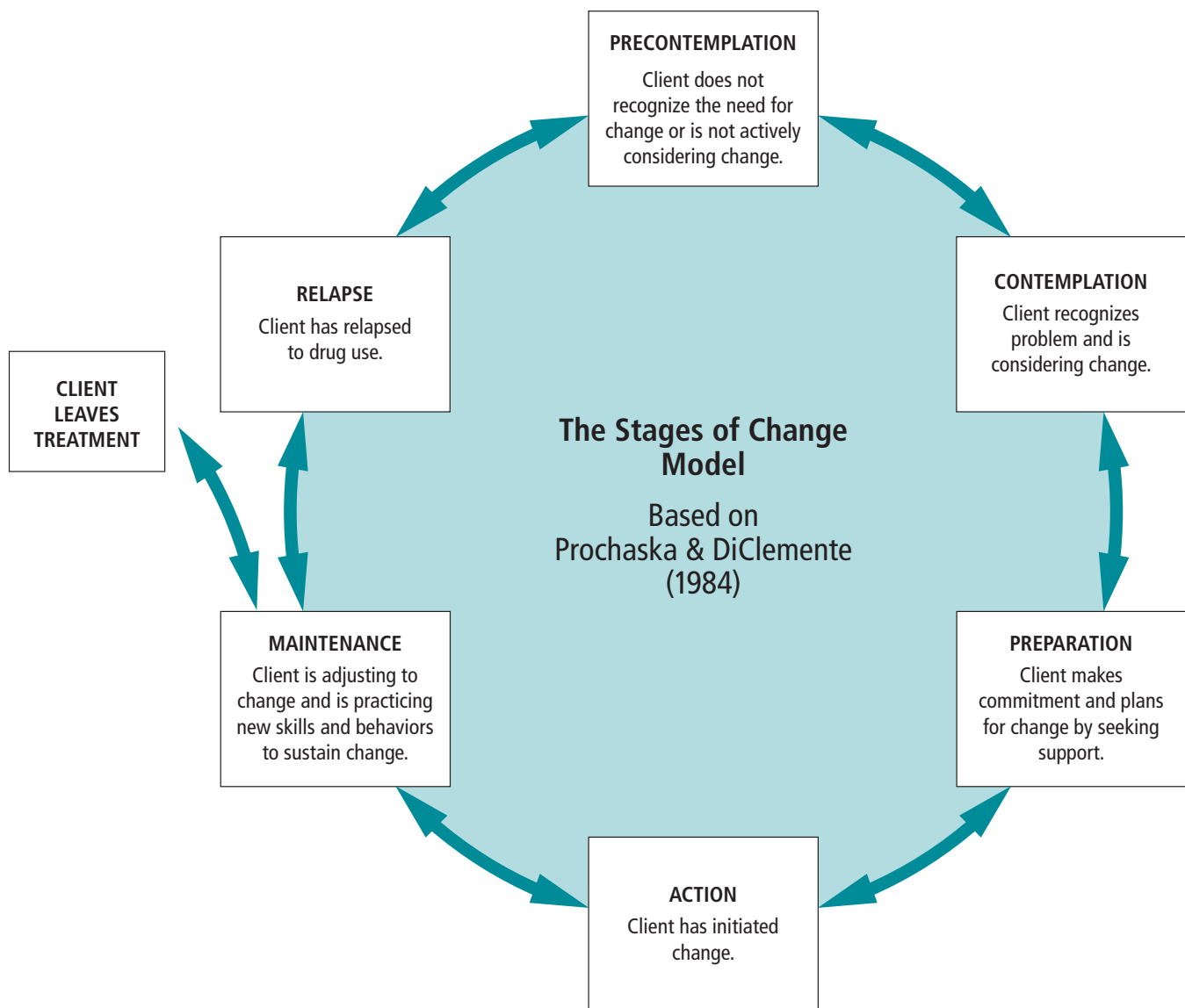


Transtheoretical Model of Change

The Transtheoretical Model (TTM) of Change was developed by Prochaska and DiClemente (1984) to describe the process of behaviour change. The TTM, reproduced in Figure 4, illustrates behavioural change as a progression through a series of five stages (Prochaska & DiClemente, 1984). The process of change is non-linear and is unique for each individual. The model helps practitioners assess and identify the stage that a particular individual is at with respect to change, enabling stage-appropriate engagement and intervention strategies (Prochaska & DiClemente, 1984). Nurses should use the TTM to assess, plan, and design interventions in collaboration with clients who use substances. Specific guiding questions that clinicians can use at each stage of the TTM are listed in [Appendix G](#). Using the TTM, health-care providers can collaborate with individual clients to address their specific needs in the change process (Prochaska & DiClemente, 1984).

Figure 4: Transtheoretical Model of Change



Adapted from "Screening and Assessment Practices," by L. Sibley, 2014, *Fundamentals of Addiction: A Practical Guide for Counsellors*, p. 172, by M. Herie and W. Skinner (Eds.). Copyright 2014 by the Centre for Addiction and Mental Health. Adapted with permission.