

# Additional Resources

Stages of Change

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Stage	Description	Verbal Cue	Appropriate Intervention	Sample Dialogue
<b>Pre-contemplation</b>	<ul style="list-style-type: none"> <li>Unaware of problem</li> <li>Never thought about it</li> <li>No interest in change</li> </ul>	"I'm not really interested, it's not a problem."	<ul style="list-style-type: none"> <li>Offer facts</li> <li>Provide information about risks of not changing and benefits of change.</li> <li>Roll with resistance</li> <li>Explore results of past attempts</li> <li>Explore pros and cons</li> </ul>	<p>"What would have to happen for you to know this is a problem?"</p> <p>"What warning signs would let you know this is a problem?"</p>
<b>Contemplation</b>	<ul style="list-style-type: none"> <li>Aware of problem, beginning to think about change</li> <li>Interested but not ready</li> <li>Afraid to take action</li> <li>Don't know how to change</li> </ul>	"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."	<ul style="list-style-type: none"> <li>Explore self-efficacy &amp; expectations of what the change would entail</li> <li>Help resolve ambivalence by weighing pros and cons, discuss barriers .</li> <li>Increase confidence by pointing about abilities.</li> </ul>	"Lets look at the benefits of weight loss as well as what you may need to change."
<b>Preparation</b>	<ul style="list-style-type: none"> <li>Realizes benefits of making changes and thinking about how to change</li> <li>Taking steps to prepare for change, gathering information (talking to others)</li> </ul>	"I have to change and I'm planning to do that."	<ul style="list-style-type: none"> <li>Offer menu of options for change</li> <li>Help identify pros and cons of various options</li> <li>Help set specific goals and steps for member to reach goals.</li> <li>Identify and plan for barriers</li> <li>Help enlist social support</li> </ul>	"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."
<b>Action</b>	<ul style="list-style-type: none"> <li>Has made overt change</li> <li>Actively taking steps towards change</li> <li>6 Months or less</li> <li>High-risk for relapse</li> </ul>	"I'm doing my best. This is harder than I thought."	<ul style="list-style-type: none"> <li>Support realistic view of change through small steps</li> <li>Help identify high-risk situations &amp; develop coping strategies</li> <li>Help find new positive reinforcements</li> <li>Provide specific tips and techniques to help meet goal. Provide training and continue to encourage social support.</li> </ul>	"It's terrific that you're working so hard. What are some of the problems you've had so far?"
<b>Maintenance</b>	<ul style="list-style-type: none"> <li>Has maintained behavior change for more than 6 months</li> <li>Achieving positive outcomes</li> <li>Still at risk for relapse</li> </ul>	"I've learned a lot through this process."	<ul style="list-style-type: none"> <li>Discuss possible roadblocks and solutions. Relapse Control.</li> <li>Help identify alternative behaviors (other sources of pleasure)</li> <li>Maintain supportive contact</li> <li>Work to set new short- &amp; long-term goals</li> </ul>	"What situations tempt to you to overeat? What can be helpful for the next time you are in that situation?"
<b>Relapse</b>	Return to old behavior.	"I messed up."	<ul style="list-style-type: none"> <li>Frame as learning opportunity, they are not a failure.</li> <li>Explain SOC, emphasize progress made and encourage re-commitment to goal.</li> <li>Explore possible antecedents</li> <li>Maintain supportive contact</li> </ul>	"We all have setbacks. Lets look at how you can do things differently next time."

# Additional Reading & Reference

**For a more on the Transtheoretical Model of Behavior Change:**

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

**For more on Modeling Behavior Change for Better Health by Optum Resource Center for Health and Well-being:**

<https://www.optum.com/content/dam/optum/resources/whitePapers/101513-ORC-WP-modeling-behavior-change-for-the-better.pdf>