

- Overview of the Transtheoretical Model
 - Stages of Change
 - Processes of Change
 - Decisional Balance
 - Self-Efficacy
- Health Promotion Intervention Activity Using the TTM

Stages of Change

- Change happens in *stages* - Key development in behavioural change models

Stage	Description
Precontemplation	No intention to take action within the next 6 months.
Contemplation	Intends to take action within the next 6 months.
Preparation	Intends to take action within the next 30 days and has taken some behavioural steps in this direction.
Action	Changed overt behaviour for less than 6 months.
Maintenance	Changed overt behaviour for more than 6 months.
Termination	No temptation to relapse and 100% confidence.

Processes of Change

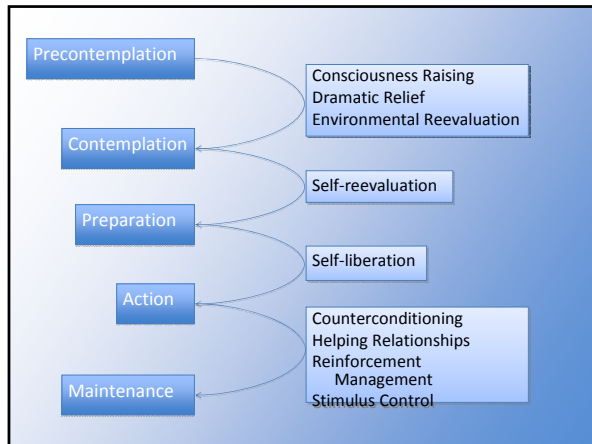
- *Processes* are activities that help an individual progress through the *stages* of change.

Process	Description
Consciousness Raising	Finding and learning new facts, ideas, and tips that support the healthy behaviour change.
Dramatic Relief	Experiencing the negative emotions (fear, anxiety, worry) that go along with unhealthy behavioural risks.
Self-reevaluation	Realizing that the behaviour change is an important part of one's identity as a person.
Environmental reevaluation	Realizing the negative impact of the unhealthy behaviour on one's proximal social and/or physical environment.
Self-liberation	Making a firm commitment to change.

Processes of Change

Process	Description
Helping relationships	Seeking and using social support for the healthy behaviour change.
Counterconditioning	Substitution of healthier alternatives behaviours and cognitions for the unhealthy behaviour.
Reinforcement management	Increasing the rewards for positive behaviour change and decreasing the rewards of the unhealthy behaviour.
Stimulus control	Removing reminders or cues to engage in the unhealthy behaviour and adding cues or reminders to engage in the healthy behaviour.
Social liberation	Realizing that the social norms are changing in the direction of supporting the healthy behaviour change.

- ### Decisional Balance & Self-Efficacy
- Decisional Balance:
 - *Pros* and *cons* of changing
 - Pros of behaviour change must increase twice as much as cons must decrease
 - Applied to each progression from one stage to the next
 - Self-efficacy:
 - Ability to engage in healthy behaviour across difficult situations



Interesting Notes

- The majority of 'at-risk' populations are not prepared for action and will not be served effectively by traditional action-oriented behaviour change programs.
- Moving from an 'action' paradigm to a 'stage' paradigm promotes accessibility of relevant programs for all individuals.
- Reasonable goal for practitioners: Move clients/patients forward 1 stage.