

WELCOME

STAGES OF CHANGE

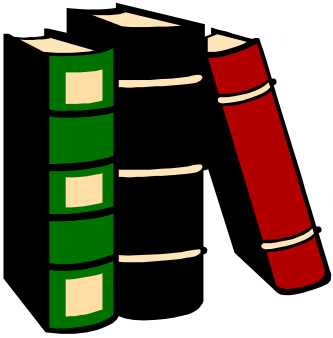
Joseph Winford

Presenter

SHPA

STAGES OF CHANGE

Transtheoretical Model of Behavior Change



Prochaska , DiClemente & Norcross

STAGES OF CHANGE



**A PROGRAM'S
WILLINGNESS AND
ABILITY TO TAILOR
COUNSELING
INTERVENTIONS AND
SERVICES TO
INDIVIDUAL NEEDS
WILL HELP TO
ACCOUNT FOR MORE
POSITIVE OUTCOMES**

STAGES OF CHANGE

THE STAGES OF CHANGE

MODEL DEFINES “MOTIVATION” AS
THE “PROBABILITY” THAT A PERSON
WILL ENTER INTO, CONTINUE, AND
ADHERE TO A SPECIFIC CHANGE
STRATEGY.

THE STAGES OF CHANGE POINT OUT THAT:

- RECYCLING THROUGH STAGES IS COMMON



- RELAPSE IS A NATURAL, ACCEPTABLE PART OF RECOVERY

- VIEWED AS A STAGE OF GROWTH

- ADDICTED PERSONS TYPICALLY RELAPSE MANY TIMES IN
TREATMENT

- SPIRAL UPWARD EACH TIME THEY RECYCLE THROUGH STAGES
LEARNING FROM MISTAKES

TRANSTHEORETICAL MODEL OF BEHAVIOR CHANGE

PEOPLE CAN MODIFY
PROBLEM BEHAVIORS
WITH OR WITHOUT
FORMAL
PSYCHOTHERAPY



**Treatment
Facilitated**



Self Mediated

RESEARCH

THE MODEL WAS USED ACROSS 12 AREAS OF
BEHAVIOR CHANGE

CESSATION OF NEGATIVE BEHAVIOR

•SMOKING



•QUITTING COCAINE

•WEIGHT CONTROL

•HIGH FAT DIETS

•ADOLESCENT BEHAVIORS

ACQUISITION OF POSITIVE BEHAVIORS

•SAFER SEX

•CONDOM USE

•SUN EXPOSURE

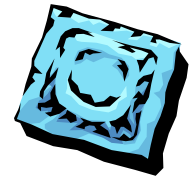
•RADON EXPOSURE

•SEDENTARY LIFESTYLES

•MAMMOGRAPHY EXAMS

•PHYSICIAN'S PREVENTIVE

PRACTICE w/SMOKING



TRANSTHEORETICAL MODEL OF BEHAVIOR CHANGE

(Research con't)



FEWER THAN
20% OF A
PROBLEM
POPULATION IS
PREPARED FOR
ACTION AT ANY
GIVEN TIME

90% OF BEHAVIOR
CHANGE PROGRAMS
ARE DESIGNED WITH
THIS 20% IN MIND

SUCCESS!

KEY CONCEPTS IN TTM

DECISIONAL BALANCE

evaluation of
Pros & Cons
of a behavior
change



SELF - EFFICACY

- ★ perception that one can successfully perform a desired behavior



KEY CONCEPTS OF TTM (con't)

□ PERSONALIZATION

- vulnerability
- susceptibility

□ ANTICIPATED BENEFITS

□ SOCIAL NORMS

□ SKILLS

- capacity building

LEARNING DOMAINS FOR CHANGE

COGNITIVE

what a person thinks about the change

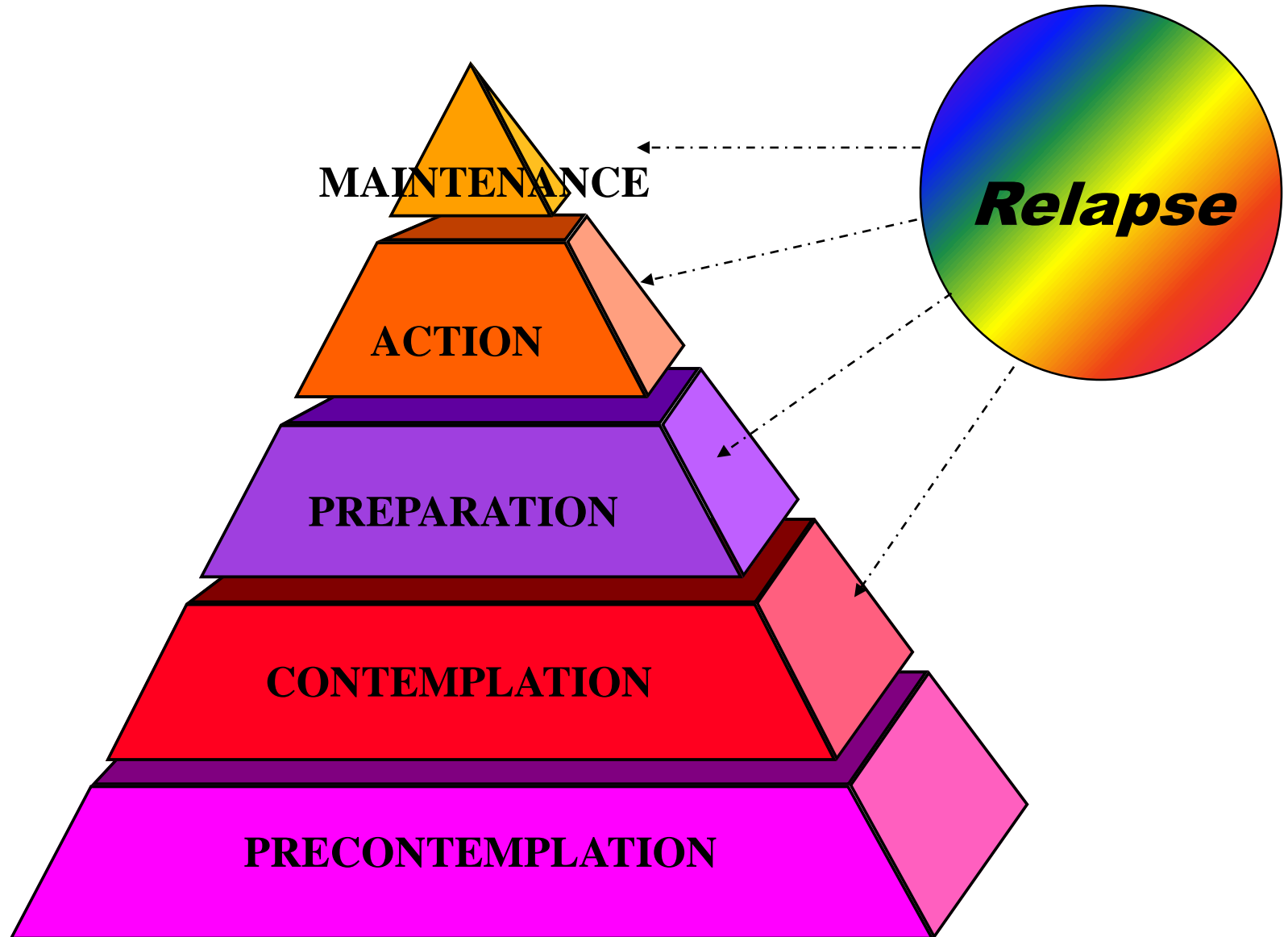
AFFECTIVE

what a person feels about the change

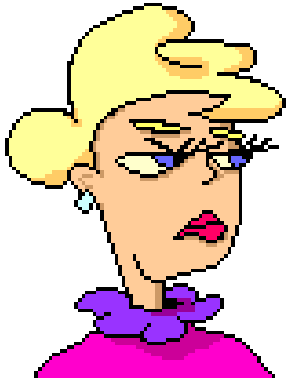
BEHAVIORAL

what action is being asked of the person

THE FIVE STAGES OF CHANGE



PRECONTEMPLATION



**THERE IS NO INTENTION
TO CHANGE BEHAVIOR IN
THE FORESEEABLE
FUTURE**

- others are aware of problem
- coerced by others to change
- change due to outside pressure
- no plans to change (6 mos.)
- unaware or underaware

CONTEMPLATION

AWARE THAT A PROBLEM
EXISTS AND BEGINS TO THINK
ABOUT OVERCOMING IT



•no commitment

•can get “stuck” & remain so

•decisional - balancing

•struggles with energy / effort

•struggles with loss

PREPARATION



**COMBINES INTENTION &
BEHAVIORAL CRITERIA.**

- intending to take action within 30 days

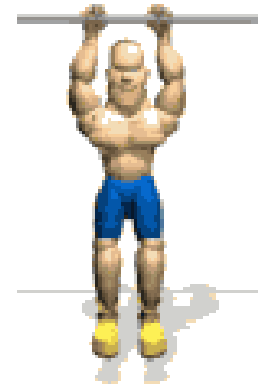
- taking steps / making plans

- may/may not have taken unsuccessful action in past year

- buying running shoes, but not running yet

ACTION

**MODIFICATION OF BEHAVIOR,
EXPERIENCES, OR
ENVIRONMENT IN ORDER TO
OVERCOME PROBLEM
BEHAVIOR.**



**•taking an action
is not being in
action**

**•requires considerable
commitment**

•runs from one day to 6 months

MAINTENANCE

WORK DONE TO PREVENT RELAPSE AND
CONSOLIDATE THE GAINS ATTAINED
DURING ACTION STAGE.

- more than six months

- stabilizing change

- avoiding relapse

- can last a lifetime



Relapse



Questions & Comments

Joseph Winford, Training Manager

SHPA

j.winford@shpa-il.org

END

Joseph Winford, Training Manager

SHPA

j.winford@shpa-il.org