

Assessing Readiness To Change

Transtheoretical Model

The Transtheoretical Model describes the stages of behavior prior to change. It focuses on the individual's decision making. This model involves the state of feeling, awareness, judgments, perceptions, and behavior. This model has been used in a variety of problem behaviors.

The Transtheoretical Model describes the process of change in 5 stages.

1	Precontemplation — The person has no intention to change or take action within the near future. In this stage, people are usually uninformed about the consequences of their behavior or they may have failed at previous attempts to change. They may avoid seeking information that would help them change their behavior.
2	Contemplation — The person intends to change within the next 6 months. He/she is aware of both the positive effects and the negative effects of change. This can cause uncertainty as to which approach to follow and result in procrastination and the inability to make a move to change. This person is not ready for an action program.
3	Preparation — The person plans to take action within the next month. He/she has usually prepared and has a plan of action. A program of action that would assist with behavior change would be beneficial. Examples of helpful programs may be in smoking cessation, weight loss or an exercise program.
4	Action — The person has made significant modifications in his/her behavior and way of life.
5	Maintenance — The person is not working as hard as the person in the Action mode, but is working to prevent a relapse. The person is confident of continuing to change.

Name	Date
Assessment	
Plan	
Provider signature	

Adapted from:

Prochaska JO. Stages of change and the transtheoretical model. 1985. www.courseweb.uottawa.ca/epi6181/images/TTM_review.pdf Accessed June 15, 2009.

Zimmerman GL, Olsen CG, Bosworth MF. A 'stages of change' approach to helping patients change behavior. *Am Fam Physician*. 2000;3.:1409-1422. www.aafp.org/afp/AFPprinter/20000301/1409.html?print=yes Accessed June 15, 2009.