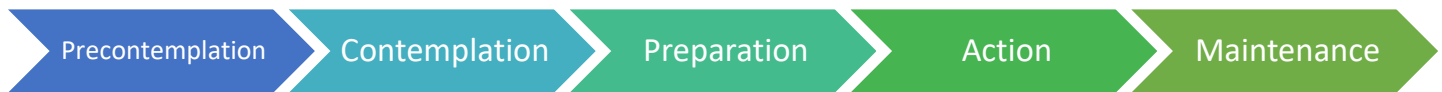


## Transtheoretical Mode: Stages of Change:



Norcross, J.C., Krebs, P.M., & Prochaska, J.O. Stages of Change. (2012). *Journal of Clinical Psychology*, 67(2), 143-154.

### Precontemplation

Participants in the precontemplation stage do not have any intention of changing their behavior within the near future. They may be unaware that they need to make a behavior change.

#### Tips:

- Educate the individual about prediabetes and the opportunity for preventing or delaying diabetes.
- Suggest that the individual come up with a pros and cons list about participating in the Lifestyle Change Program to prevent diabetes.

#### Questions to Ask:

- *"Now that you have heard what is involved with this program, how ready do you feel to be a part of it?"*
- *"Take a moment to consider the benefits of your participation in this program. What do you think this program has to offer you?"*

### Contemplation

If a participant is in the contemplation stage, they will have just begun to think about making a change within the near future (6 months). Changing is on their mind, but they are not ready to take action yet.

#### Tips:

- Provide the individual with specific feedback about their prediabetes risk.
- Ask the individual to examine their behavior and compare this behavior with their self-concept, values, and long-term goals.

#### Questions to Ask:

- *"Please tell me more about your interest in the Lifestyle Change Program."*
- *"On a scale of 1-10, how confident are you in your readiness to make lifestyle changes? What might make you move that number higher?"*
- *"Please list pros and cons to making a lifestyle change."*

# Tips for Exploring Readiness to Engage in the Lifestyle Change Program



## Preparation

A participant in this stage is planning on making a change soon, often within the next month.

### **Tips:**

- Create a supportive relationship and help individuals focus on their specific goals and how the program will help the individual accomplish these goals.

### **Questions to Ask:**

- *“What might be some issues or challenges you may face in the program? What are some things that you think would help you overcome these barriers?”*

## Action and Maintenance

**Action** - Participants in this stage have changed their behavior within the last 6 months. Tips for maintaining a commitment to the behavior are important for participants in this stage.

**Maintenance** - In the maintenance stage, participants have sustained a behavior change for more than 6 months. Participants will need to continue to take steps to prevent from relapsing back into old behaviors that can lead to weight gain.

### **Tips:**

- Affirm the changes the individual has already made towards positive behavior and a healthy lifestyle.
- Ask how the Lifestyle Change Program will help the individual the individual sustain their healthy lifestyle.

### **Questions to Ask:**

- *“What skills or strategies have been critical to your ability to make healthy lifestyle changes?”*
- *“Are there any ongoing barriers or challenges to a healthy lifestyle that you are currently facing?”*

## Resources

- Emory Centers (2016). *Assessing Readiness to Change (DTTAC)*. Retrieved from: <http://lccommonground.org/index.cfm/learn/resources/assessing-readiness-to-change-dttac-pdf/>
- Schneider, William Joel (2003). *Transtheoretical Model of Change with Couples*. Retrieved from <http://oaktrust.library.tamu.edu/bitstream/handle/1969.1/441/etd-tamu-2003B-2003070315-Schn-1.pdf?sequence=1&isAllowed=y>