Transtheoretical Mode: Stages of Change:

**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 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**