Transtheoretical Model

Behavior Modification

Precontemplation
(The “I won’t or I can’t”)
- This is the stage in which there is no intention to change behavior in the foreseeable future.
- Many individuals in this stage are unaware of problems or that there is a need for change. It is not important to them or life is too complicated to do it even though they know it is important.

Contemplation
(The “I may”)
- This is the stage when individuals have identified a problem.
- Where a person is thinking that they might start doing the behavior within the next 6 months.
- Do the pros and cons of change outweigh the pros and cons of maintaining present behavior?

Preparation
(The “I will”)
- This is the stage when the individual decides there is a need to take some action.
- Where a person is planning to start the behavior within the next 30 days and some type of action has been attempted.

Action
(The “I am”)
- This is the stage in which the individual puts their plans into action and change their behavioral patterns.
- Where a person has begun doing the behavior according to the definition and has sustained it for less than 6 months.

Maintenance
(The “I still am”)
- This is the stage when the individual works to prevent relapse and consolidate the gains attained during the action.
- Where a person has begun doing the behavior and has maintained it for longer than 6 months.

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Step I: Explore the problem (Past)
- “What is the hardest thing about taking care of your diabetes?”
- “Tell me more”
- “Give me some examples”
- “What has worked, what hasn’t”

Step III: Develop a PLAN
- “What is it you want?”
- “Where do you want to go today?”
- “What are your options?”
- “Why not?”
- “What is there to gain?”
- “What is there to loose?”
- “How important is this to you?”

Step V: What happened? (Reinforcement)
- “How did it go?”
- “What did you learn?”
- “What didn’t work?”
- “What would you do differently?”
- “What do you want to do next?”

Nondirective vs Directive Support
- **Nondirective**
  - “Check-in” with pt.
  - Cooperating without taking over.
  - Accepting patients choices and feeling and recognizing limitations.
  - Offer range of suggestions
  - Show interest in their wellbeing.

- **Directive**
  - “Check-on” patient
  - Taking responsibility for tasks/care, the charge/control, and monitor their health.
  - Directing choices and feelings, problem solving.

Step II: Clarify meaning, feelings, and conceptions
- “What are your thoughts about this?”
- “Tell me why this is/isn’t working for you?”
- Having an understanding of the patients Life is critical- where and with whom do they live, resources available, how important is it to the patient, etc.

Stage IV: Commitment to Action
- “What, when, where, how often…are you going to do (goal quality)”
- “Are you ready?”
- “How will you know if you have been successful?”
- “How likely is it that you will be successful?” (1-10)

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