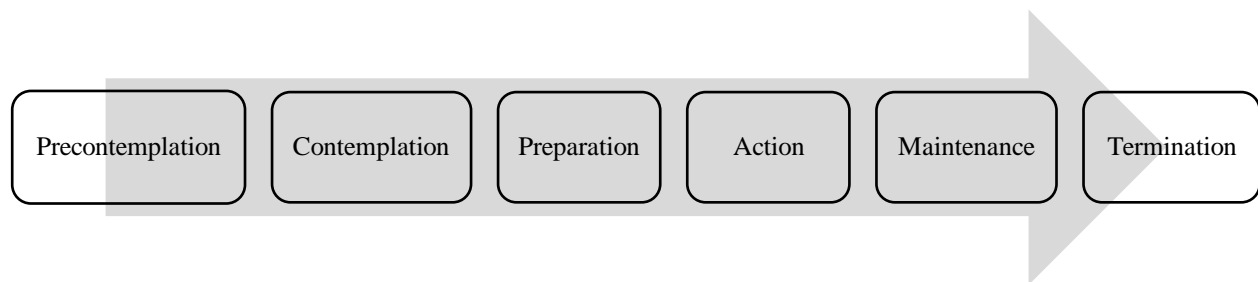


Transtheoretical Model of Change

The transtheoretical model of change describes a six-step change process to an individual's behavior (Prochaska & DiClemente, 1983). As shown in Figure 8, the six steps are:

- Precontemplation stage, where the individual is not yet ready to change.
- Contemplation stage, where the individual is getting ready to change.
- Preparation stage, where the individual is ready to change.
- Action stage, where behavior change is initiated.
- Maintenance stage, where behavior change is monitored.
- Termination stage, where old behavior is no longer present.



Primary Source: Prochaska & DiClemente (1983).