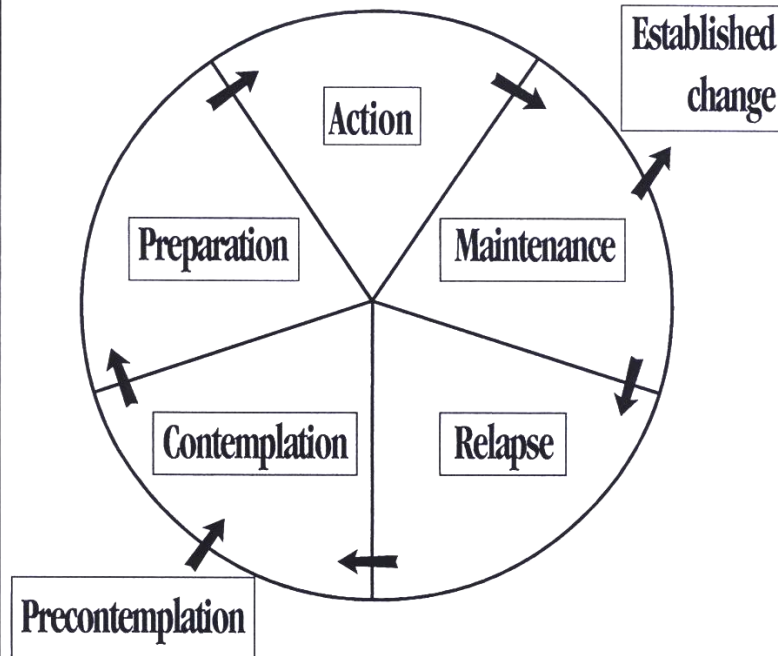


# Stages of Change



Based on Prochaska & DiClemente's model

## The Stages of Change and Associated Brief Intervention Elements

Stage of change	Motivational task	What to do?
<b>Pre-contemplation –</b> Not thinking about it	Raise doubts, increase persons awareness of risks and problems with current behaviour.	<b>Feedback</b> about the results of the quiz. <b>Information</b> about the benefits of Physical Activity.
<b>Contemplation -</b> Thinking about change	Tip the balance –evoke reasons for change (identify the benefits) risks of not changing (identify the down side) Strengthen the individuals ability to adopt change by working on their motivation and self esteem.	Emphasize the benefits of changing. Give <b>Information</b> about consequences of physical inactivity. Discuss how to choose a <b>Goal</b> .
<b>Preparation –</b> Preparing to change	Help the individual to determine the best course of action to take in seeking the change. Work on an action plan which is S.M.A.R.T.	Discuss how to choose a <b>Goal</b> . Give <b>Advice</b> and <b>Encouragement</b> .
<b>Action –</b> Making changes	Help and support the individual to take steps towards change	Review <b>Advice</b> Give <b>Encouragement</b>
<b>Maintenance -</b> Maintaining change	Help the individual to identify and use strategies to prevent relapse (Avoidance strategies and extra positive support)	Give <b>Encouragement</b>
<b>Relapse</b>	Help the individual to renew the process of contemplation, determination, and action without becoming stuck or demoralised because of the relapse. Identify what has caused the relapse and work out how that can be avoided. Build on previous positive experience.	